SHARING RECIPES

A BOOK OF FAVORITE RECIPES

From

MANOR RESIDENTS, THEIR FAMILIES, AND EMPLOYEES

Compiled by

JAN COZART

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World's Largest Publisher of Personalized Cook Books
Fund Raising Programs and Programs of Service
For Church, School and Civic Organizations
Printed in the United States of America

SCRIPTURE CAKE

This recipe has been popular for many years. It encourages Bible reading, and if correct ingredients are chosen from the references given, they will make a good cake.

		chapter	verse
4½ cups	1 Kings	4	22
1 cup	Judges	5	25
2 cups	Jeremiah	6	20
2 cups	1 Samuel	30	12
2 cups	Nahum	3	12
2 cups	Numbers	17	8
2 tsp.	1 Samuel	14	25
1 tsp.	Leviticus	2	13
6	Jeremiah	17	11
½ cup	Judges	4	19
2 tsp.	Amos	4	5
2 tsp.	11 Chronicles	9	9

Bake slowly in a moderate oven. Follow the mixing directions for any basic fruit cake. HAPPY HUNTING!

Topping:

¼ cup maragarine
1 cup brown sugar
½ cup evaporated milk

Bring to boil, remove from heat. Add ½ box of flake coconut, ½ cup nuts, 1 tsp. vanilla. Spread on hot cake and bake 10 minutes or until brown.

Basic Kitchen Information

Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Fiour Institute.

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EQUIVALENTS

3 tsps.	1 tbsp.
4 tbsps.	¼ cup
5⅓ tbsps.	⅓ cup
8 tbsps.	½ cup
10⅔ tbsps.	⅔ cup
12 tbsps.	¾ cup
16 tbsps.	1 cup
½ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder
1 cup = 5½ ozs.

Cheese, American
1 lb. = 2⅔ cups cubed

Cocoa
1 lb = 4 cups ground

Coffee
1 lb. = 5 cups ground

Corn meal
1 lb. = 3 cups

Cornstarch
1 lb. = 3 cups

Cracker crumbs
23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs
1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour
1 lb. all-purpose = 4 cups
1 lb. cake = 4½ cups
1 lb. graham = 3½ cups

Lemons, juice
1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind
1 lemon = 1 tbsp. grated

Oranges, juice
1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind
1 = 2 tbsps. grated

Gelatin
3¼ oz. pkg. flavored = ½ cup
¼ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter
1 lb. = 2 cups

Sugar
1 lb. brown = 2½ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = 3½ cups

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water.
1 cup butter or margarine for shortening	⅞ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 teaspoon double-acting baking powder	1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¾ teaspoons cream of tartar.
1 cup whole milk	½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	⅞ cup all-purpose flour.
1 cup all-purpose flour, for baking breads	Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE

FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.

FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups, fish dishes; sauces; sweet pickles; bread and rolls.

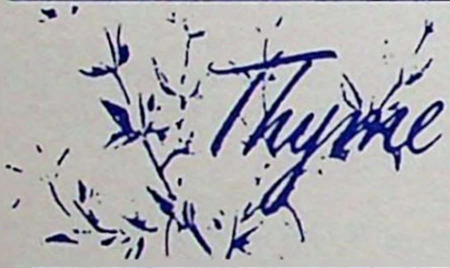
AVAILABLE whole; ground.

FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese, bean and vegetable soups; fish.

AVAILABLE whole; powdered.

FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.

FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.

FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE

Basil

FOUND IN India, Western Europe, United States.

IT IS member of mint family with leaves 1½" long; has mild aromatic odor, warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.

AVAILABLE whole; ground.

Bay Leaf

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice, poached fish; meat stews.

AVAILABLE as whole leaf.

Chervil

FOUND IN France, United States

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.

AVAILABLE whole; ground.

Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.

AVAILABLE whole; ground.

Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies, frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

AVAILABLE whole (dried); flaked; as fresh sprigs.

Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

AVAILABLE whole; ground.

Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.

AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH Meats

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH Chicken

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.

Geese—Same as turkey of similar weight.
Duck—Same as heavy chicken of similar weight.

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES) RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

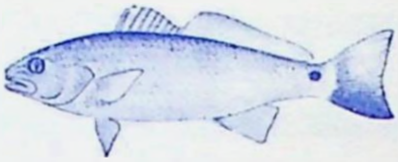
Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total

Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL – OCT.
BUTTERFISH	2	3		1	APRIL – DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. – NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPER		1			NOV. – APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. – JUNE
LAKE TROUT	3	1		2	APRIL – NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE – OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. – MAY
SHAD	2	1		3	DEC. – JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. – MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV.– APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL – JAN.
SUNFISH	2			1	APRIL – OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL – NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL – NOV.
WHITING			1		MAY – DEC.
WHITEFISH	2	1		3	APRIL – DEC.

HOW TO COOK — 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, ***in***

- Meat and vegetable pie
- Soup
- Stew
- Stuffed peppers
- Stuffed tomatoes
- Vegetables in cheese sauce

Cooked leafy vegetables, chopped, ***in***

- Creamed vegetables
- Soup
- Meat loaf
- Meat patties
- Omelet
- Souffle

Cooked or canned fruits, ***in***

- Fruit cup
- Fruit sauces
- Jellied fruit
- Quick breads
- Shortcake
- Upside-down cake
- Yeast breads

Cooked meats, poultry, fish, ***in***

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked wheat, oat, or corn cereals, ***in***

- Fried cereal
- Meat loaf or patties
- Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, ***in***

- Casseroles
- Meat or cheese loaf
- Timbales

Bread

- Slices, *for*
  - French toast
- Dry crumbs, *in*
  - Brown betty
  - Croquettes
  - Fried chops
- Soft crumbs, *in*
  - Meat loaf
  - Stuffings

Cake or cookies, ***in***

- Brown betty
- Ice-box cake
- Toasted, with sweet topping, for dessert

Egg yolks, ***in***

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, ***in***

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, ***in***

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour cream, ***in***

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Sour milk, ***in***

- Cakes, cookies
- Quick breads

Cooked potatoes, ***in***

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder

Quantities to Serve 100 People

COFFEE	— 3 LBS.
LOAF SUGAR	— 3 LBS.
CREAM	— 3 QUARTS
WHIPPING CREAM	— 4 PTS.
MILK	— 6 GALLONS
FRUIT COCKTAIL	— 2 1/2 GALLONS
FRUIT JUICE	— 4 NO. 10 CANS (26LBS.)
TOMATO JUICE	— 4 NO. 10 CANS (26LBS.)
SOUP	— 5 GALLONS
OYSTERS	— 18 QUARTS
WEINERS	— 25 LBS.
MEAT LOAF	— 24 LBS.
HAM	— 40 LBS.
BEEF	— 40 LBS.
ROAST PORK	— 40 LBS.
HAMBURGER	— 30—36 LBS.
CHICKEN FOR CHICKEN PIE	— 40 LBS.
POTATOES	— 35 LBS.
SCALLOPED POTATOES	— 5 GALLON
VEGETABLES	— 4 NO.10 CANS (26LBS.)
VEGETABLES	— 4 NO.10 CANS (26LBS.)
BAKED BEANS	— 5 GALLON
BEETS	— 30 LBS.
CAULIFLOWER	— 18 LBS.
CABBAGE FOR SLAW	— 20 LBS.
CARROTS	— 33 LBS.
BREAD	— 10 LOAVES
ROLLS	— 200
BUTTER	— 3 LBS.
POTATO SALAD	— 12 QUARTS
FRUIT SALAD	— 20 QUARTS
VEGETABLE SALAD	— 20 QUARTS
LETTUCE	— 20 HEADS
SALAD DRESSING	— 3 QUARTS
PIES	— 18
CAKES	— 8
ICE CREAM	— 4 GALLONS
CHEESE	— 3 LBS.
OLIVES	— 1 3/4 LBS.
PICKLES	— 2 QUARTS
NUTS	— 3 LBS. SORTED

To serve 50 people, divide by 2
To serve 25 people, divide by 4

how to make 26 new fillings

fillings make the sandwich

QUANTITY AND FAMILY SIZE RECIPES

for lunch boxes

HAWAIIAN HAM SANDWICH

	Ingredient	6 SERVINGS	24 SERVINGS
Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

O'HARA'S SANDWICH

	Ingredient	6 SERVINGS	24 SERVINGS
Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

TANGY TONGUE SANDWICH

	Ingredient	6 SERVINGS	24 SERVINGS
	Sliced tongue	3/4 pound	3 pounds
Mix Well	Cream cheese, softened	3-oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

CHEESE PIMIENTO SANDWICH

	Ingredient	6 SERVINGS	24 SERVINGS
Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

for outdoor eating

EAST COAST SANDWICH

	Ingredient	6 SERVINGS	24 SERVINGS
Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

ALL AMERICAN FAVORITE

Ingredient	6 SERVINGS	24 SERVINGS
Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

STUDDED PEANUT BUTTER SANDWICH

	Ingredient	6 SERVINGS	24 SERVINGS
Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

LIVER SAUSAGE SALAD SANDWICH

		6 SERVINGS	24 SERVINGS
	Liver sausage	½ pound	2 pounds
	Chopped celery	¼ cup	1 cup
Mix	Chopped sweet pickle	¼ cup	1 cup
Well	Chopped onion	1 tablespoon	¼ cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	¾ cup

TASTY TREAT HAMBURGER

		6 SERVINGS	24 SERVINGS
	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1½ pounds)
	Ground beef	¾ pound	3 pounds
	Chopped onion	¼ cup	1 cup
Mix	Chili sauce	2 tablespoons	½ cup
Well	Worcestershire sauce	½ teaspoon	2 teaspoons
	Salt and pepper to taste		

SPICY HAM SANDWICH

	6 SERVINGS	24 SERVINGS
Sliced boiled ham, simmered 15 minutes with:	¾ pound	3 pounds
Tomato sauce	1 cup (8-oz. can)	1 quart
Cloves	⅛ teaspoon	½ teaspoon

CREAM CHEESE CRUNCH

		6 SERVINGS	24 SERVINGS
	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
Mix Well	Diced crisp bacon	¼ cup (8 slices)	1 cup
	Sliced stuffed olives	½ cup	2 cups

CANADIAN DOUBLE DECKER

	6 SERVINGS	24 SERVINGS
First Layer—		
Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)
Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
Second Layer—		
Fried Canadian bacon	6 slices	24 slices (1½ pounds)

CHAMPION TWO STORY

		6 SERVINGS	24 SERVINGS
	First Layer—		
	Sliced cooked chicken	½ pound	2 pounds
	Second Layer—		
	Hard cooked eggs, chopped	4	16
	Chopped celery	2 tablespoons	½ cup
Mix	Chopped olives	2 tablespoons	½ cup
Well	Chopped sweet pickle	1 tablespoon	¼ cup
	Salad dressing	2 tablespoons	½ cup
	Prepared mustard	2 teaspoons	3 tablespoons

•FOR SMALL FRY•

BANANA PEANUT BUTTER WINNER

	6 SERVINGS	24 SERVINGS
Peanut butter	¾ cup	3 cups
Banana, sliced	3 medium	12 medium

SUNSHINE SPECIAL

		6 SERVINGS	24 SERVINGS
	Chopped dates	1 cup	1 quart
Mix	Shredded carrots	1 cup	1 quart
Well	Chopped nuts	½ cup	2 cups
	Salad dressing	½ cup	2 cups

CALIFORNIA DELIGHT

		6 SERVINGS	24 SERVINGS
	Peanut butter	¾ cup	3 cups
	Orange juice	½ cup	2 cups
Mix Well	Shredded orange rind	1 tablespoon	¼ cup
	Shredded coconut	½ cup	2 cups

APPLE CHEESE TOASTY

	6 SERVINGS	24 SERVINGS
Apple sauce, topped with:	½ cup	2 cups
American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1½ pounds)

CHICKEN WALDORF SANDWICH

		6 SERVINGS	24 SERVINGS
	Cooked, diced chicken	1 cup	1 quart
Mix	Chopped celery	½ cup	2 cups
Well	Chopped apple	½ cup	2 cups
	Chopped nuts	¼ cup	1 cup
	Salad dressing	3 tablespoons	¾ cup

for hearty lunching

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

OPEN FACE

Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted.

ROYAL LIVER SAUSAGE SANDWICH	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL	6 SERVINGS	24 SERVINGS
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1 ounce slices	24 1-ounce slices (about 1 1/2 pounds)

SEAFOOD SUPREME	6 SERVINGS	24 SERVINGS
Crabmeat salad:		
(Mix Well) Flaked crabmeat	1 cup	1 quart
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHEF'S CHICKEN SANDWICH	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts

ROCKY MOUNTAIN SANDWICH	6 SERVINGS	24 SERVINGS
(Mix Well) Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

BAKED SANDWICHES

HEAVENLY HAMBURGER BAKE	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350° F.) about 45 minutes.

TUNA SOUFFLE SANDWICH	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.

6 Easy Steps

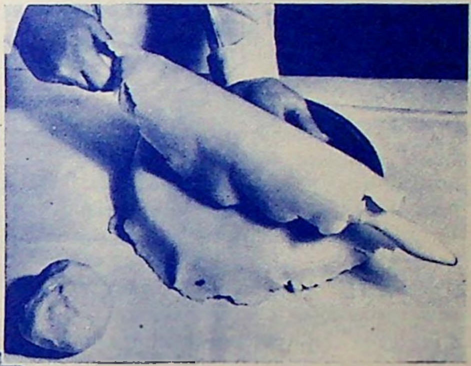
TO THE

1 The ingredients for the perfect pie crust: 1 teaspoon salt, 2/3 cup vegetable shortening. 2 cups flour, and cold water.

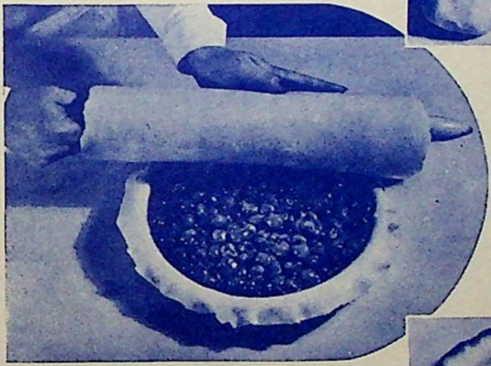
2 Cut shortening into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.

3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds together.

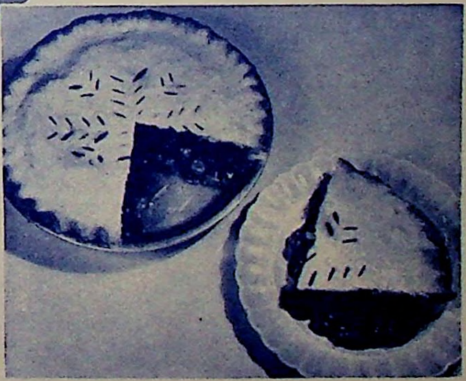
Perfect Pie



4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.



6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.

YOU can Reduce ---
with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—
CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is **105** to **125** pounds:

BREAKFAST	
Fruit	*3½ ounces*
Eggs (boiled or poached)	*1*
Bacon (Canadian-style, broiled)	*½ ounce*
Toast	*2/3 ounce*
Butter	*1/6 ounce*
Coffee	*as desired*
LUNCH	
Meat (lean)	*3 ounces*
Vegetable (cooked or salad)	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*
DINNER	
Clear broth	*Optional*
Meat (lean)	*7 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **125** to **145** pounds:

BREAKFAST	
Fruit	*3½ ounces*
Eggs (boiled or poached)	*1*
Bacon (Canadian-style, broiled)	*1 ounce*
Toast	*2/3 ounce*
Butter	*1/6 ounce*
Coffee	*as desired*
LUNCH	
Meat (lean)	*4 ounces*
Vegetable (cooked or salad)	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*
DINNER	
Clear broth	*Optional*
Meat (lean)	*7 ounces*
Vegetable (cooked)	*3½ ounces*
Salad	*3½ ounces*
Bread	*2/3 ounce*
Butter	*1/6 ounce*
Fruit	*3½ ounces*
Milk (skimmed)	*7 ounces*
Coffee or tea	*as desired*

YOUR DIET

If your Ideal Weight is **145** to **165** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	5 ounces
Vegetable (cooked)	2 ounces
Salad	3 ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

HELPFUL INFORMATION

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is **165** to **185** pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	2
Bacon (Canadian-style, broiled)	2 ounces
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	6 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	9 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

Age ________

Height ________

Weight ________

Desired Weight ________

WEIGHT RECORD

Date	Weight	Date	Weight

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.

Suggested Menus For Your Diet

MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee

WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee

THURSDAY

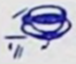
Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee



Lunch
Tongue and spinach
Pickled beet salad
Pumpernickel Butter
Raspberries
Milk Tea

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee

SUNDAY

Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---
Egg, cottage cheese, fresh and canned fish dishes are used.

Suggested Menus For Your Diet

MONDAY

Breakfast

Orange juice
Poached egg — Frizzled dried beef
Toast — Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread — Butter
Grapes
Milk — Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread — Butter
Broiled grapefruit
Milk — Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast — Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread — Butter
Milk — Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread — Butter
Blueberries
Milk — Coffee

WEDNESDAY

Breakfast

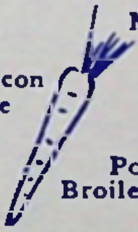
Grapefruit juice
Coddled egg — Broiled ham slice
Toast — Coffee

Lunch

Cold roast lamb
String beans — Carrot sticks
Bread — Butter
Steamed apple
Milk — Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread — Butter
Sliced peaches
Milk — Coffee



THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread — Butter
Pineapple
Milk — Tea

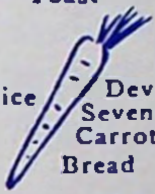
Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread — Butter
Raspberries
Milk — Coffee

FRIDAY *

Breakfast

Orange juice
Baked egg in Canadian-style bacon cup
Toast — Butter
Coffee

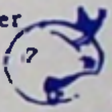


Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread — Butter
Grapes
Milk — Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread — Butter
Watermelon
Milk — Coffee



SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast — Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread — Butter
Cherries
Milk — Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread — Butter
grapefruit
Milk — Coffee

SUNDAY

Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast — Butter
Coffee

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread — Butter
Plums
Milk — Tea

Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls — Radish roses
Bread — Butter
Strawberries
Milk — Coffee

* For Meatless Fridays ---
Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x ½"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2½" x 2" x 1½"	22.3	262
Round	4	Pc. 3½" x 2½" x ½"	23.2	233
Shank	4	Pc. 3½" x 2½" x ⅝"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3½" x ½"	22.3	262
Loin	4	Sl. 5½" x 3" x ½"	20.3	352
Rib	4	Sl. 5½" x 3" x ½"	20.9	332
Round	4	Sl. 5" x 3½" x ½"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4¼" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2½" x ¾"	23.9	181
Rib	4	Pc. 5" x 3½" x ½"	20.9	332
Round	4	Pc. 3" x 3" x ½"	23.2	233
Stews				
Chuck	4	3 pc. 1½" x 1½" x 1½"	22.3	262
Shank	4	3 pc. 1¼" x 1¼" x 1¼"	24.4	194
Stew meat (av.)	4	3 pc. 1¼" x 1¼" x 1¼"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x ⅝"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x ½"	21.6	276
Shoulder	4	Sl. 5" x 3" x ½"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3½" x 3" x ½"	18.2	408
Loin	4	Chop ¾" th.	19.7	349
Shoulder	4	Pc. 4½" x 3½" x ⅝"	16.1	464
Roasts				
Boston butt	4	Sl. 4½" x 3½" x ⅝"	19.9	327
Loin	4	Sl. ¾" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2½" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4¼" x 4" x ⅛"	10.6	147
Veal				
Chops				
Loin	4	Chop ⅝" th.	23.0	211
Rib	4	Chop ¾" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2½" x ½"	22.9	223
Loin	4	Sl. 4" x 2½" x ½"	23.0	211
Rib	4	Sl. 4" x 2½" x ½"	22.6	241
Shoulder	4	Sl. 5" x 3" x ½"	23.3	202
Steaks				
Cutlet (round)	4	Pc. 4" x 2½" x ½"	23.4	191
Shoulder	4	Pc. 5" x 3" x ½"	23.3	202
Sirloin	4	Pc. 4" x 2½" x ½"	23.0	211
Stew (breast)	4	4 pc. 2½" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2½" x 1½" x 1"	12.6	152
Heart (av.)	4	½ ht. 3" dia. x 3½" lg.	19.7	157
Kidney (av.)	4	3 sl. 3¼" x 2½" x ¼"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2½" x ⅜"	17.7	119
Lamb	3	2 sl. 3½" x 2" x ⅜"	18.9	118
Pork	3	2 sl. 3½" x 2" x ⅜"	17.7	116
Veal	3	2 sl. 3" x 2½" x ⅜"	17.1	122
Sweetbread	4	Pc. 4" x 3" x ¾"	18.2	216
Tongue	3	3 sl. 3" x 2" x ¼"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4½" dia. x ⅛" th.	4.4	65
Frankfurter	2	2 5½" lg. x ¾" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x ⅜" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3½" x ⅛"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x ¾" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	½ breast	21.0	110
Leg	2½	1 av.	14.7	88
Thigh	2½	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3½	½ c. (diced)	23.1	139
Light meat	3	½ c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3½	Sl. 4" x 3" x ½"	23.2	177
Light meat	3½	Sl. 4" x 3" x ½"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3½	5 med.	12.8	77
Cod	3½	Pc. 4" x 2¼" x ¾"	16.5	70
Crab, canned	3	⅗ c.	16.1	94
Finnan haddie	3½	½ c.	23.2	96
Flounder	3½	Pc. 4" x 3" x ⅜"	19.0	79
Haddock	3½	Pc. 3½" x 3" x ¾"	17.2	72
Halibut	4	Pc. 4" x 3" x ½"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	½ c.	15.6	74
Fresh	2½	1 av.	12.2	63
Mackerel	2½	¼ fish 7" lg.	14.3	119
Oysters	3½	5 med.	6.0	50
Perch	4	2 fish 4½" lg.	23.4	102
Salmon				
Canned	3½	⅔ c.	24.7	203
Fresh	3	Pc. 2½" x 2½" x ⅞"	15.7	196
Shrimps, can'd	2	⅜ c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3¼" x 3" x ½"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	⅓		.1	73
Cheese, cottage	2	¼ c.	9.6	51
Cream, coffee	½	1 T	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN

Height Ft.	In.	Weight 15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

WOMEN

Height Ft.	In.	Weight 15-19	20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1⅔	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	⅓ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	⅔ c.	2.4	42
Beet greens	3½	½ c.	2.0	33
Beets	3½	⅔ c. or 2 1¾" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	⅔ c.	4.4	58
Cabbage	3½	1/5 hd 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	⅔ c.	2.4	31
Celery	½	Pc. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	½ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ⅛" th.	.4	7
Eggplant	2	Sl. 3½" dia. x ⅜" th.	.7	17
Endive, French	2	2 stalks	.8	11
Green pepper	⅓	⅛ c. or pc. 4" x 1¼"	.2	4
Kohlrabi	3½	⅔ c. (diced)	2.1	36
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
	½	1 leaf	.2	3
Leaf	½	2 leaves	.1	2
Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	½	3 med.	.2	7
Parsley		2 sprigs	.1	1
Pumpkin	3½	½ c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3½	½ c.	1.1	41
Sauerkraut	3½	⅔ c.	1.1	18
Spinach	3½	¾ c.	2.3	25
Squash				
Summer	3½	½ c.	.6	19
Winter	3½	½ c.	1.5	44
Tomatoes				
Canned	3½	½ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	4	½ c.	1.2	28
Turnip greens	3½	½ c.	2.9	37
Turnips				
White	3½	⅔ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	½	1 lge.	.2	23
Pickles				
Dill	2	½ pkle. 5" lg. x 1⅛" dia.	.3	7
Sweet	½	1 pkle. 2⅛" lg. x ¾" dia.	.2	21
BREAD AND CEREAL PRODUCTS				
Cereals				
Bran, whole	⅔	⅓ c.	2.5	67
Cornflakes	½	⅔ c.	1.3	56
Farina, enriched	⅔	½ c. (sc. 2 T. dry)	2.3	71
Oatmeal	⅔	½ c. (¼ c. dry)	3.1	77
Rice				
Puffed	⅓	¾ c.	.7	36
White	1	⅔ c. (2 T. dry)	2.3	105
Wheat				
Flakes	⅔	¾ c.	2.4	74
Puffed	⅓	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	⅔	Sl. 4" x 3½" x ½"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enrch	⅔	1 sl. (com'l) thin	1.6	50
Whole wheat	⅔	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	½	1 cracker 3" sq.	1.0	54
Saltine	⅛	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2⅛"	.6	25
Zwieback	¼	1 pc. 3¼" x 1¼" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0
FRUITS				
Apples	3½	1 apple 2¼" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	⅔ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ⅞" dia.	1.2	87
Grapefruit	3½	½ med. 3⅝" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	½ orange 4" dia.	.9	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ½" th.	.4	58
Plums	2½	1 plum 1¾" dia.	.5	39
Raspberries	3	⅔ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	½ c.	.6	49
Orange	4	½ c.	.7	66
Pineapple, can'd	4	½ c.	.4	65
Tomato (see vegetables)				

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reuseable, or not. If they are reuseable, a high initial cost may be justified.

- ***Rigid*** containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.
- ***Non-Rigid*** containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.
- ***Bags*** are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal, label, freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
Fruits and vegetables		**Meat—Continued**	
Fruits:	*Months*	Cooked meat:	*Months*
Cherries	12	Meat dinners	3
Peaches	12	Meat pie	3
Raspberries	12	Swiss steak	3
Strawberries	12	**Poultry**	
Fruit juice concentrates:		Chicken:	
Apple	12	Cut-up	9
Grape	12	Livers	3
Orange	12	Whole	12
Vegetables:		Duck, whole	6
Asparagus	8	Goose, whole	6
Beans	8	Turkey:	
Cauliflower	8	Cut-up	6
Corn	8	Whole	12
Peas	8	Cooked chicken and turkey:	
Spinach	8	Chicken or turkey dinners (sliced meat and gravy)	6
Baked goods		Chicken or turkey pies	6
Bread and yeast rolls:		Fried chicken	4
White bread	3	Fried chicken dinners	4
Cinnamon rolls	2	**Fish and shellfish**	
Plain rolls	3	Fish:	
Cakes:		Fillets:	
Angel	2	Cod, flounder, haddock, halibut, pollack	6
Chiffon	2	Mullet, ocean perch, sea trout, striped bass	3
Chocolate layer	4	Pacific Ocean perch	2
Fruit	12	Salmon steaks	2
Pound	6	Sea trout, dressed	3
Yellow	6	Striped bass, dressed	3
Danish pastry	3	Whiting, drawn	4
Doughnuts:		Shellfish:	
Cake type	3	Clams, shucked	3
Yeast raised	3	Crabmeat:	
Pies (unbaked):		Dungeness	3
Apple	8	King	10
Boysenberry	8	Oysters, shucked	4
Cherry	8	Shrimp	12
Peach	8	Cooked fish and shellfish:	
Meat		Fish with cheese sauce	3
Beef:		Fish with lemon butter sauce	3
Hamburger or chipped (thin) steaks	4	Fried fish dinner	3
Roasts	12	Fried fish sticks, scallops, or shrimp	3
Steaks	12	Shrimp creole	3
Lamb:		Tuna pie	3
Patties (ground meat)	4	**Frozen desserts**	
Roasts	9	Ice cream	1
Pork, cured	2	Sherbet	1
Pork, fresh:			
Chops	4		
Roasts	8		
Sausage	2		
Veal:			
Cutlets, chops	9		
Roasts	9		

How To Convert To Metric System

Length

When You Know:	Multiply by:	To Find:
millimeters	0.04	inches
centimeters	0.4	inches
meters	3.3	feet
kilometers	0.6	miles
inches	2.54	centimeters
feet	30	centimeters
yards	0.9	meters
miles	1.6	kilometers

Weight

When You Know:	Multiply by:	To Find:
grams	0.035	ounces
kilograms	2.2	pounds
ounces	28	grams
pounds	0.45	kilograms

Volume

When You Know:	Multiply by:	To Find:
milliliters	0.2	teaspoons
milliliters	0.07	tablespoons
milliliters	0.03	fluid ounces
liters	4.23	cups
liters	2.1	pints
liters	1.06	quarts
liters	0.26	gallons
teaspoons	5	milliliters
tablespoons	15	milliliters
fluid ounces	30	milliliters
cups	0.24	liters
pints	0.47	liters
quarts	0.95	liters
gallons	3.8	liters

Temperature

When You Know:	Multiply by:	To Find:
degrees Celsius	9/5, and add 32	degrees Fahrenheit
degrees Fahrenheit	5/9 (after subtracting 32)	degrees Celsius

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	=	1 tablespoon	15 ml
4 tablespoons	60 ml	=	¼ cup	60 ml
5-1/3 tablespoons	79 ml	=	1/3 cup	79 ml
8 tablespoons	118 ml	=	½ cup	118 ml
16 tablespoons	237 ml	=	1 cup	237 ml
1 fluid ounce	30 ml	=	2 tablespoons	30 ml
8 fluid ounces	237 ml	=	1 cup	237 ml
16 fluid ounces	473 ml	=	2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	=	4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	=	½ pound	227 g
1 cup Cheddar cheese grated	237 ml	=	¼ pound	114 g
1 cup eggs	237 ml	=	4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	=	¼ pound	114 g
1 envelope of gelatin (unflavored)		=	¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	=	½ pound	227 g
1 medium lemon (juice)		=	1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	=	¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** *From Washables*

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.
NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover.
CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove **STAINS** *From Washables*

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.
Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.
If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains.
CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.
NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** *From Washables*

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

Words

The six most important words in the English language:
I admit I made a mistake.
The five most important words: You did a good job.
The four most important words: What is your opinion?
The three most important words: If you please.
The two most important words: Thank you.
The one most important word: We
The one least important word: I

More Words

Happiness is like potato salad — when you share it with others, it's a picnic.

Just about the time you think you can make ends meet, somebody moves the ends.

Be careful how you live — you may be the only bible some people read.

A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

Birthdays

Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is loving and giving,
Thursday's child works hard for a living,
Friday's child is full of woe,
Saturday's child has far to go,
But the child that is born on the Sabbath day
Is brave and bonny, and good and gay.

PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters

Year of the Century (* Denote Leap-Years)				Centuries: 1700, 2100	1800, 2200	1900, 2300	2000, 2400
0	*28	*56	*84	C	E	G	A
1	29	57	85	B	D	F	G
2	30	58	86	A	C	E	F
3	31	59	87	G	B	D	E
*4	*32	*60	*88	E	G	B	C
5	33	61	89	D	F	A	B
6	34	62	90	C	E	G	A
7	35	63	91	B	D	F	G
*8	*36	*64	*92	G	B	D	E
9	37	65	93	F	A	C	D
10	38	66	94	E	G	B	C
11	39	67	95	D	F	A	B
*12	*40	*68	*96	B	D	F	G
13	41	69	97	A	C	E	F
14	42	70	98	G	B	D	E
15	43	71	99	F	A	C	D
*16	*44	*72		D	F	A	B
17	45	73		C	E	G	A
18	46	74		B	D	F	G
19	47	75		A	C	E	F
*20	*48	*76		F	A	C	D
21	49	77		E	G	B	C
22	50	78		D	F	A	B
23	51	79		C	E	G	A
*24	*52	*80		A	C	E	F
25	53	81		G	B	D	E
26	54	82		F	A	C	D
27	55	83		E	G	B	C

Month	Dominical Letter						
January, October	A	B	C	D	E	F	G
Feb., Mar., Nov.	D	E	F	G	A	B	C
Jan., Apr., July	G	A	B	C	D	E	F
May	B	C	D	E	F	G	A
June	E	F	G	A	B	C	D
February, August	C	D	E	F	G	A	B
Sept., Dec.	F	G	A	B	C	D	E

1	8	15	22	29	Su	Sa	F	Th	W	Tu	M
2	9	16	23	30	M	Su	Sa	F	Th	W	Tu
3	10	17	24	31	Tu	M	Su	Sa	F	Th	W
4	11	18	25		W	Tu	M	Su	Sa	F	Th
5	12	19	26		Th	W	Tu	M	Su	Sa	F
6	13	20	27		F	Th	W	Tu	M	Su	Sa
7	14	21	28		Sa	F	Th	W	Tu	M	Su

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For *January* 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. REMEMBER — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison.) Always call for help promptly.

CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

SWALLOWED POISONS

1. Make patient vomit, if so directed, BUT NOT IF:
   - Patient is unconscious or is having fits.
   - Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
   - Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.
2. Directions for making patient vomit (if physician orders):
   - Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
   - If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.
3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

EYE OR SKIN CONTACT — Wash thoroughly with tap water.

INHALATION — Remove from exposure to fumes.

CALL FOR HELP PROMPTLY

______________________ Doctor's Home Phone

______________________ Doctor's Office Phone

IF YOUR DOCTOR IS NOT AVAILABLE CALL

POISON CONTROL CENTER ______________ HOSPITAL ______________

POLICE ______________ RESCUE SQUAD ______________

Be sure to have 1-oz. Syrup of Ipecac in your home.

FIRST AID IN HOUSEHOLD EMERGENCIES

POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- *Dilute* poison with large amounts of liquids — milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor Cuts—Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds**—Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

Where to look in the Bible

when

Anxious for dear ones—*Ps. 121; Luke 17.*

Business is poor—*Ps. 37, 92; Eccl. 5.*

Discouraged—*Ps. 23, 42, 43.*

Everything seems going from bad to worse—*II Tim. 3; Heb. 13.*

Friends seem to go back on you—*Matt. 5; I Cor. 13.*

Sorrow overtakes you—*Ps. 46; Matt. 28.*

Tempted to do wrong—*Ps. 15, 19, 139; Matt. 4; James 1.*

Things look "blue"—*Ps. 34, 71; Isa. 40.*

You seem too busy—*Eccl. 3:1-15.*

You can't go to sleep—*Ps. 4, 56, 130.*

You have quarreled—*Matt. 18; Eph. 4; James 4.*

You are weary—*Ps. 95:1-7; Matt. 11.*

Worries oppress you—*Ps. 46; Matt. 6.*

If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*

Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*

Are jealous—*Ps. 49; James 3.*

Are impatient—*Ps. 40, 90; Heb. 12.*

Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*

Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

when

Desiring inward peace—*John 14; Rom. 8.*

Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*

Satisfied with yourself—*Prov. 11; Luke 16.*

Seeking the best investment—*Matt. 7.*

Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*

You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*

Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*

You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*

Wanting to live successfully with your fellowmen—*Rom. 12.*

to find

The Ten Commandments—*Exo. 20; Deut. 5.*

The Shepherd Psalm—*Ps. 23.*

The Birth of Jesus—*Matt. 1, 2; Luke 2.*

The Beatitudes—*Matt. 5:1-12.*

The Lord's Prayer—*Matt. 6:5-15; Luke 11:1-13.*

The Sermon on the Mount—*Matt. 5, 6, 7.*

The Great Commandments—*Matt. 22:34-40.*

The Great Commission—*Matt. 28:16-20.*

The Parable of the Good Samaritan—*Luke 10.*

The Parable of the Prodigal Son—*Luke 15.*

The Parable of the Sower—*Matt. 13; Mark 4; Luke 8.*

The Last Judgment—*Matt. 25.*

The Crucifixion, Death and Resurrection of Jesus—*Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*

The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*

Have experienced severe losses—*Col. 1; I Peter 1.*

Have been disobedient—*Isa. 6; Mark 12; Luke 5.*

Need forgiveness—*Matt. 23; Luke 15; Philemon.*

Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

when you

Feel your faith is weak—*Ps. 126, 146; Heb. 11.*

Think God seems far away—*Ps. 25, 125, 138; Luke 10.*

Are leaving home—*Ps. 119; Prov. 3, 4.*

Are planning your budget—*Mark 4; Luke 19.*

Are becoming lax and indifferent—*Matt. 25; Rev. 3.*

Are lonely or fearful—*Ps. 27, 91; Luke 8; I Peter 4.*

Fear death—*John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.*

Have sinned—*Ps. 51; Isa. 53; John 3; I John 1.*

Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*

Want a worshipful mood—*Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.*

Are concerned with God in national life—*Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16.*

courtesy American Bible Society

Favorite Family Recipes

Expression of Appreciation

I would like to thank all Manor residents, their families, and employees for making my dream of compiling a cookbook a reality! This certainly has been a fulfilling experience and I sincerely hope you will enjoy and treasure these recipes.

Sincerely,

Jan Cozart

APPETIZERS, PICKLES AND RELISH

SOUPS, SALADS, DRESSINGS AND SAUCES

MAIN DISHES - MEAT, SEAFOOD AND POULTRY

MAIN DISHES - EGG, CHEESE, PASTA AND CASSEROLE

VEGETABLES

BREAD, ROLLS, PIES AND PASTRY

CAKES, COOKIES AND ICINGS

DESSERTS

CANDY, JELLY, JAM AND PRESERVES

BEVERAGES AND MISCELLANEOUS

My Favorite Recipes

NAME OF RECIPE	PAGE NO.

APPETIZERS PICKLES • RELISH

Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

APPETIZERS, PICKLES, RELISH

MIXED PICKLES

Leah Dyck

4 qts. cut-up green tomatoes
1 qt. diced onions
1 1/2 qt. diced carrots
1 1/2 qt. cut-up cabbage
1 qt. diced celery
2 qts. lima beans*
3 green peppers, diced
1 qt. vinegar
4 c. sugar (some brown sugar)
1 Tbsp. cinnamon
1 tsp. whole cloves
1 tsp. celery seed

*Soak beans overnight. Don't cook until mushy.

Cook vegetables as much waterless as is possible and in separate containers if possible. Stir gently. Cook just until barely done.

Mix and boil remaining ingredients and add to vegetables. Simmer about 10 minutes and ladle into small jars. Seal.

CUCUMBER RELISH

Christine Rostetter

Oh, this is so good with a Thanksgiving meal and with other meals too. May be used in salads.

8 c. ground cucumbers
2 c. ground white onions
3 medium sized green peppers <u>or</u> about 1 1/2 cups
1 Tbsp. canning salt (not iodized)
red pepper <u>or</u> small jar pimiento

<u>Syrup:</u>

3 c. sugar
2 c. white vinegar (4-6% acidity)
1 Tbsp. canning salt
1 tsp. cinnamon
1 tsp. celery seed
1 tsp. turmeric
1 tsp. allspice

Mix cucumbers, onions and green peppers, then sprinkle with canning salt. Let stand for 10 minutes. Drain off liquid. Add red pepper or pimiento for color.

Combine syrup ingredients and heat until sugar is dissolved. Add the ground cucumber mixture. Bring to a boil, then simmer 20 minutes. Put into sterilized jars and seal.

Makes 6 pints.

<u>Note:</u> Home economists now recommend using boiling water bath method for canning relishes. Ten minutes for pints.

TURMERIC PICKLES

Jan Cozart

1 doz. cucumbers
3 large onions

Slice the cucumbers and onions. Sprinkle with salt and let stand overnight. Rinse and put in the following vinegar mixture:

1 pt. vinegar
1 c. sugar
1 tsp. celery seed
1 tsp. mustard seed
1 tsp. ginger
1 tsp. salt
1 tsp. pepper
1 tsp. turmeric

Bring to boil and seal when hot.

QUICK CARAMEL POPCORN

Jan Cozart

1 (6 oz.) pkg. butterscotch chips
1/2 c. light or dark corn syrup
5 c. popped corn

Mix together butterscotch chips and corn syrup in double boiler top. Heat over boiling water until butterscotch chips are melted. Stir to blend well. Pour over popped corn. Stir until well coated. Spread in lightly greased 9 x 9 x 2-inch pan; cool and cut into squares.

Makes 16 (2 1/4-inch) squares.

TACO DIP

Charlene Schmidt

1 or 2 large bags taco chips
1 large can refried beans
1 pkg. taco mix

Mix beans and taco mix together and put in medium, rectangular pan or dish.

Fry hamburger and onion as you like; drain. Put on top of beans.

Add 1 large jar El Paso chunky salsa sauce. Then add 1 or 2 (8-ounce) containers of avocado dip on top of hamburger. Top with large container sour cream. Put 2 cups grated Longhorn cheese on top of sour cream.

(I heat it up but it is good cold.)

MEXICAN PLATTER DIP

Brenda Juhnke

2 (10 oz.) cans bean dip (seasoned)
3 ripe avocados
2 Tbsp. lemon juice
1/2 tsp. salt
1/4 tsp. pepper
1 (8 oz.) carton sour cream
1/2 c. mayonnaise
1 tsp. chili powder
1 tsp. ground cumin
2 medium tomatoes, chopped
1 (3 oz.) can chopped black olives

2 green onions with tops, chopped

1 c. shredded Longhorn <u>or</u> Cheddar cheese

Spread bean dip on large round platter (platter should be at least 14 inches). Blend together until smooth the avocados, lemon juice, salt and pepper. Spread mixture over bean dip. Beat together the sour cream, mayonnaise, chili powder and cumin; layer this over green mixture. Top with chopped tomatoes, onions and drained olives. Sprinkle cheese over top.

Keeps well in refrigerator a day or 2.

Serves 8-10.

Write your extra recipes here:

Write your extra recipes here:

SOUPS
SALADS
SAUCES
DRESSINGS

Salads and Salad Dressings

For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

GREEN BEAN SOUP

"Manor" Favorite

5 c. water
1/2 lb. sausage (cut in 1/2-inch lengths)
2 medium potatoes
1 small onion
salt to taste
3 bay leaves
8 peppercorns
4 large sprigs parsley, cut up

Boil together for 20 minutes.
Add 4 cups green beans, fresh or canned. Boil for 15 minutes.
Just before serving add:

3/4 c. cream
2 Tbsp. butter

Serves 5 or 6.

SARAH'S HAMBURGER STEW

"Manor" Favorite

1 lb. ground beef
1/4 c. diced onion
2 Tbsp. butter
1 tsp. salt
1/8 tsp. pepper
1/2 c. water
1/2 pkg. (10 oz.) frozen cut green beans <u>or</u> 1 can yellow beans
1 c. diced potatoes
1 c. diced carrots
1 c. thinly sliced celery

Brown meat and onion in butter in heavy skillet. Add remaining ingredients. Cover and simmer for 30-40 minutes, until vegetables are tender.

Makes 6 servings.

CHEESE SOUP

"Manor" Favorite

1 c. green peppers
1 c. carrots
1 c. onions
1 c. celery

Chop or blend vegetables.

2 qts. chicken broth
1 c. flour
1 1/4 lb. shredded cheese
2 qts. milk (more or less)

Cook vegetables in chicken broth until tender. Mix flour with enough water to make a paste. Add to boiling vegetables.

Add cheese and enough milk to obtain desired consistency. Stir until cheese is melted.

CAULIFLOWER SOUP

Jan Cozart

1 medium head cauliflower
1/4 c. chopped onion
4 Tbsp. butter
1/4 c. flour
3 c. chicken broth
2 c. milk
1 tsp. Worcestershire sauce
4 oz. American cheese, shredded (1 c.)

Cook cauliflower in salted water until tender. Drain and coarsely chop. In large saucepan cook onion in butter until tender. Blend in flour. Add broth, milk and Worcestershire sauce. Cook until slightly thickened. Add cauliflower. Bring to boil and stir in cheese.

PARSNIP SOUP

Melinda Unruh

5 c. water
2 parsnips, peeled and thinly sliced
3 potatoes, peeled and cubed
small whole onion
4 slices bacon, snipped fine (I use a scissor)
1 tsp. (level) salt
1/4 tsp. pepper

Bring to a boil and simmer until well done. May add more water. I love this soup!

POTATO SOUP

Celeste Holiman

1 Tbsp. chopped onion
2 Tbsp. butter
1 tsp. salt
1/4 tsp. celery salt
1/8 tsp. pepper
1 c. mashed <u>or</u> boiled potatoes
2 c. hot milk

Cook onion in butter. Add seasonings and potatoes. Stir in milk. Simmer awhile, stirring occasionally.

Makes 6 servings.

Egg Rivels for Soup:

1 c. flour
1/4 tsp. salt
2 eggs

Mix flour and salt. Mix in 2 eggs. Drop by 1/2 teaspoonfuls into hot milk.

TOMATO GRAVY

Noah Holdeman

Shake up flour and water in a pint jar. Add to hot tomato juice. Boil until thickened. Then add cream until you think it is rich enough. If you like sweet tomatoes, add some sugar to taste. Do not make too strong. It does not curdle for me.

FOR CHILI

John Jost

Buy 1 can of chili with beans ready-to-eat.

Fry 1/2 pound of hamburger in small chunks to a light brown. Add:

- 1/2 bottle ketchup
- 1 onion, cut real fine
- 1/2 can broth

Mix thoroughly. Add 1 teaspoon chili powder.

Mix in a large frying pan and bring to a boil.

GERMAN BEET BORCHT

Melinda Unruh

- 2 c. beets, cooked, with all the juice
- 2 c. water with a little salt added

Bring to a boil. Add 1 cup sausage (crumbled and fried a light brown) to beets; simmer 30 minutes.

Make a smooth thickening mixing 1/4 cup flour with half & half. Add to beets while boiling. Take off fire; add 2 tablespoons vinegar.

Just before serving, add about 2 cups of boiled, cubed potatoes.

ORANGE SHERBET SALAD

"Manor" Favorite

- 2 (3 oz.) pkgs. orange gelatin
- 1 c. boiling water
- 1 pt. orange sherbet
- 1 (11 oz.) can Mandarin oranges, drained
- 1 c. heavy cream, whipped

Dissolve gelatin in boiling water. Add sherbet and mix well. When partially set, add Mandarin oranges and fold in whipped cream. Pour into oiled 1 1/2-quart ring mold or serving dish.

Serves 8.

SEAFOAM SALAD

"Manor" Favorite

1 qt. pears
1 (6 oz.) pkg. lime jello
1 (8 oz.) pkg. cream cheese
4 Tbsp. milk
1 (9 oz.) carton whipped topping

Drain pears and heat juice to a boil. Pour over jello and stir until dissolved. Cool until partially set. Combine cream cheese and milk. Beat until smooth. Stir into cooled jello. Cut pears into pieces. Fold pears and topping into mixture and chill.

TWENTY-FOUR HOUR SALAD

"Manor" Favorite

2 c. pineapple tidbits
2 c. Royal Ann cherries or fruit cocktail, drained
2 oranges, cut in pieces
2 c. miniature marshmallows
1 c. whipping cream
3 egg yolks
2 Tbsp. sugar
2 Tbsp. vinegar
2 Tbsp. pineapple juice
1 Tbsp. butter
1/8 tsp. salt

In top of double boiler, beat egg yolks slightly. Add sugar, salt, vinegar, butter and pineapple juice. Cook until thick; cool. Fold in whipped cream, fruits and marshmallows. Decorate with fresh fruit. Cover and chill for 24 hours.

BANANA SALAD

"Manor" Favorite

Boil together until thickened:

2 eggs
2 Tbsp. flour or cornstarch
1/2 c. pineapple or orange and lemon juice

Refrigerate until ready to use. Then add:

1 c. whipped cream
2 Tbsp. sugar
1/4 c. nuts
1 c. marshmallows
1/2 c. crushed pineapple
2 bananas

CHERRY JELLO SALAD

Jan Cozart

1 can cherry pie mix
1 1/2 c. water
1/2 c. white sugar
2 pkgs. cherry jello
1 regular bottle Coke (8 oz.)

Mix pie mix, water and sugar; boil. While it is boiling, add the jello. Remove from heat. Stir until dissolved. Cool and add Coke. Pour in jello mold. Chill.

WATERGATE SALAD

Jan Cozart

1 (9 oz.) carton Cool Whip
1 lb. crushed pineapple with juice
1 pkg. pistachio pudding
1 c. marshmallows
1 c. nuts, chopped
1 c. cottage cheese

Mix pudding into Cool Whip until completely dissolved. Then add rest of ingredients.

EASY DELICIOUS ORANGE SALAD

Lucille Koehn

1 box orange jello
1 c. boiling water
3 oranges
small can of pineapple
1/4 tsp. cinnamon
1/8 c. sugar

Scrape some orange rind off of the oranges before they are peeled. Cut orange slices into small pieces in a bowl with the orange rind. Add sugar and cinnamon. Stir together.

Drain pineapple juice into 1 cup measure and fill with water. Pour into jello. Cool.

Add orange mixture and let set.

APRICOT SALAD

Sarah F. Koehn

This takes a little time and effort, but it is so good!

3 boxes peach gelatin
4 c. hot water
1 envelope plain gelatin
1/2 c. cold water
1 c. coffee cream
1 c. sugar
1 tsp. vanilla
1 pkg. (8 oz.) cream cheese
1/2 c. chopped nuts
1 large can apricot halves

First Layer: Dissolve 1 box peach gelatin in 2 cups hot water. Pour into 9 x 12-inch pan and put into refrigerator to set.

Middle Layer: Dissolve plain gelatin in 1/2 cup cold water. Heat cream and sugar without boiling and mix into gelatin mixture. Add vanilla, cream cheese and nuts. Let cool and pour over first layer and return to refrigerator to set.

Third Layer: Dissolve the other 2 boxes of peach gelatin in 2 cups hot water, stirring until dissolved. Add the juice from apricots and enough cold water to make 2 cups. Add the apricot halves and pour over second layer. Refrigerate.

CINNAMON JELLO — **Evelyn Koehn**

1 large box strawberry jello
1/2 c. red hots
2 c. hot water
2 c. cold water

Melt red hots in 2 cups hot water before mixing with jello. After jello sets may top with Cool Whip.

ORANGE TAPIOCA SALAD — **LeAnn Koehn**

1 pkg. vanilla tapioca pudding
1 1/2 c. orange juice
1 can Mandarin oranges, drained
2 c. Cool Whip

Boil until thickened; let cool.
After cool, add drained Mandarin oranges and Cool Whip.
Serves 6.

IKE'S FAVORITE SALAD (FROZEN SALAD) — **Ruth Esau**

1 can cherry pie filling
1 large can crushed pineapple
1 large carton Cool Whip
1/2 c. chopped nuts
1 can Eagle Brand milk
1 1/4 c. small marshmallows
1/2 tsp. vanilla

Mix well; pour into 13 x 9 x 2-inch pan. Freeze.
Serve on lettuce leaf.

CRANBERRY SALAD — **Martha Miller**

1 lb. cranberries, crushed
1 1/2 c. sugar

Let set 2 hours.

1 pt. cream, whipped
2 c. marshmallows

Let set 2 hours.

Mix together with 1 cup crushed pineapple (drained). Let set overnight.

WALDORF SALAD — **"Manor" Favorite**

1 c. diced apples
1/4 c. diced celery
1/2 c. miniature marshmallows (optional)
1 c. chopped dates (or 1 c. raisins)
1/2 c. chopped walnuts or pecans

Mix all ingredients together lightly and add dressing.

Dressing:

1/2 c. mayonnaise
1 c. whipped topping

BEAN SALAD — **Jan Cozart**

small can wax beans
small can green beans
kidney beans
chopped onions
sliced carrots
diced celery

Dressing:

1/3 c. oil
1 1/4 c. (scant) vinegar
3/4 c. sugar
3/4 tsp. pepper and salt

Drain beans. Add vegetables. Pour dressing over vegetables and let stand in refrigerator 24 hours. Stir occasionally. Drain liquid before serving.

HOT GERMAN POTATO SALAD — **Jan Cozart**

12 slices bacon, diced and fried until crisp, reserving 6 Tbsp. drippings
3 medium onions, chopped
1 c. plus 2 Tbsp. cider vinegar
1 1/2 Tbsp. sugar
1 1/2 tsp. salt
3/4 tsp. Accent
1/4 tsp. pepper
2-4 lbs. potatoes (cooked, peeled and cut in slices)

Heat bacon drippings in a skillet. Add onions and cook until tender. Stir in vinegar and next 4 ingredients. Heat to boiling. Mix in bacon.

Pour over potato slices in a serving dish and toss lightly to coat evenly. Garnish with parsley and paprika.

FARMER'S MARKET SALAD — **Janet Doane**

1 large head lettuce, chopped
1 head cauliflower, chopped
1 can peas, drained
1 green pepper, chopped
2 c. mayonnaise, spread to edges
1 bunch onions, chopped
1 lb. bacon, fried crisp and crumbled
1/3 c. grated cheese
1/3 c. sugar

Place all ingredients in large salad bowl in order listed. Cover tightly and refrigerate overnight.

LAYERED LETTUCE SALAD

Dorothy Boeckner

1 head lettuce
1 c. celery
4 hard-boiled eggs, sliced
10 oz. pkg. frozen peas, uncooked
1/2 green pepper, diced
1 small sweet onion, diced
8 slices bacon, fried and crumbled
2 c. Miracle Whip
2 Tbsp. sugar
grated Longhorn or Cheddar cheese

Tear clean crispy lettuce into small bite-sized pieces and place in a 9 x 12-inch glass dish or salad bowl. Layer rest of ingredients in order given. Add sugar to Miracle Whip and spread over top as you would frosting. Top with grated cheese. Cover and refrigerate 8-12 hours. (Will keep up to 2 days before serving.)

At serving time garnish with additional bacon and parsley.

Topping No. 2:

1 c. sour cream
1 c. mayonnaise or salad dressing
1-2 Tbsp. sugar
cheese to sprinkle

TUNA SALAD

Melinda Unruh

1 can tuna, drained and flaked with fork
3 hard-boiled eggs, finely chopped or sliced
1 Tbsp. chopped onion
1 tsp. sweet relish
2 or 3 Tbsp. Miracle Whip salad dressing

Mix well. Eat as a salad or in a sandwich.

HOT CHICKEN SALAD

"Manor" Favorite

3 c. chicken, cooked and diced
1 - 1 1/4 c. chicken broth
2 c. thinly diced celery
2 c. toasted bread cubes
1/2 c. mayonnaise
4 Tbsp. ReaLemon
1/4 c. grated onion
1 c. grated cheese
1/2 tsp. salt
1/8 tsp. pepper

Combine all ingredients. Mix lightly. Place in baking dish. Top with bread crumbs. Bake at 350° for 2 hours.

RAISIN SAUCE

Jan Cozart

1/2 c. brown sugar
1 tsp. dry mustard
2 Tbsp. cornstarch

Slowly add:

2 Tbsp. vinegar
2 Tbsp. lemon juice
1/4 tsp. grated lemon rind
1 1/2 c. water
1/2 c. raisins

Stir over low heat until thick. Serve warm over baked ham.

SALAD DRESSING

Doris Voth

1/4 c. vinegar
1/2 c. vegetable oil
1/2 c. catsup
1/2 c. sugar
1 tsp. garlic salt
1 tsp. lemon juice
1 tsp. celery seed

Put all in Tupperware shaker and shake well.

SESAME FRENCH DRESSING

Jan Cozart

1 clove garlic, crushed
1 small onion, grated
1/2 tsp. dry mustard
1/4 tsp. pepper
1 tsp. paprika
1 1/4 tsp. salt
2 c. olive or other oil
1/4 c. catsup
1 Tbsp. sugar
3/4 c. cider vinegar
1 egg white
toasted sesame seeds
croutons

Mix first 6 ingredients. Add oil; beat. Add remaining ingredients, except seeds and croutons. Beat until thick. Keep refrigerated.

Makes 3 cups.

Write your extra recipes here:

MAIN DISHES
MEAT · SEAFOOD
POULTRY

How To Carve Turkey

1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.

2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.

3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .

  "Cut across the grain"

  If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

RANCH BURGERS

Lea Isaac

Filling:

2 lbs. ground beef
1 large onion, chopped
1 tsp. salt
1 1/2 tsp. chili powder
1 (8 oz.) jar cheese spread
2 (15 oz.) cans chili beans

Brown beef and onions together. Drain. Add salt and chili powder. Stir in cheese spread and chili beans. Simmer a few minutes. (Note: I used Velveeta cheese - tastes the same.)

Dough:

2 Tbsp. yeast
2/3 c. warm water
2/3 c. milk
1/4 c. sugar
1 tsp. salt
1/4 c. shortening
2 eggs
4 - 4 1/2 c. flour

Dissolve yeast in warm water. Heat milk, sugar, salt and shortening. Let cool to lukewarm. Beat in yeast mixture. Beat in eggs. Add 2 cups flour. Beat hard a few minutes; add rest of flour to make a good dough. Let rise until double. Punch down. Divide into 4 pieces. Roll each one to about 10 x 14 1/2-inches. Cut into 6 squares. Place 1/4 - 1/3 cup of filling on each.

Pull up opposite corners and pinch 4 corners at top. Bake at 400° for 12-15 minutes, or until golden brown. Brush with a little butter.

Good reheated; freezes well. A hungry farmer will love these!
Makes 24.

POOR MAN'S STEAK

Vesta Koehn

3 lbs. hamburger
1 c. crackers
1 c. cold water
salt and pepper to taste

Mix well and press into cookie sheet and chill long enough to set. Cut in squares, roll in flour and fry on both sides in a small amount of grease to golden brown (not too much). Place in baking dish. Pour over 1 can undiluted mushroom soup. Bake in oven until done.

Variation: Add 2 cans mushroom steak sauce to soup before baking.

DUTCH MEAT LOAF — **"Manor" Favorite**

1 1/2 lbs. ground beef
1 medium onion, chopped
1/2 can tomato sauce or paste
1/2 c. bread crumbs
1 egg
salt and pepper to taste
sweet green pepper (optional)

Mix all ingredients thoroughly. Bake for 10 minutes at 425° then add sauce:

1/2 c. tomato sauce or paste
1/2 c. water
2 Tbsp. brown sugar
2 Tbsp. mustard
1 Tbsp. vinegar

Continue baking at 325° for 1 1/2 hours or until done.

BEEF SAUCE OVER RICE — **Karen Koehn**

1 1/2 lbs. round steak, cut in small cubes
1 1/2 pt. tomatoes
1 - 1 1/2 c. water
3 bouillon cubes
2 - 2 1/2 Tbsp. quick-cooking tapioca
1 clove garlic, minced
1 tsp. salt (taste later after you add 1 Tbsp. soy sauce)
1/2 tsp. pepper
3/4 - 1 c. celery
1 c. onion
1 green pepper

Bring to boil and bake slowly (325° or so) for 1 1/2 hour; or bake fast (400°) if you have less time. Serves 5-6 people.

Cook 1 1/2 cups rice.

Cooking Directions for Rice (1 cup):

Measure 2 cups of water into a heavy saucepan (at least 2-quart capacity) and bring to a boil. Add a tablespoon of butter or margarine and 1 teaspoon of salt, if desired.

Stir in 1 cup of rice. Cover the saucepan. Lower the heat and simmer 20 minutes or until the rice is tender and all the water is absorbed.

Makes about 3 cups of fluffy white rice. Add 1/4 - 1/3 cup more water if you want more fluffy rice.

HAMBURGER PATTIES — **Becky Bullard**

1 lb. ground beef
1/2 tsp. salt
1/4 tsp. pepper

Combine and make into 8 patties.

Dressing:

4 c. bread crumbs
1/4 c. warm milk
1/4 c. melted oil
1 egg, beaten
1/2 tsp. salt
1/4 tsp. pepper
2 Tbsp. onion, minced

Mix ingredients.

Sauce:

2/3 c. catsup
1 1/2 Tbsp. brown sugar
4 Tbsp. onion, minced
2 Tbsp. vinegar
1/3 c. water

Mix ingredients.

Place 1/2 of hamburger patties on pan and cover with the dressing mixture, then cover each pattie with another pattie. Pour the sauce mixture over each double pattie. Bake in an uncovered pan at 375° for 30 minutes.

MEATBALLS

Janet Doane

1 1/2 lbs. hamburger
1/2 c. rice
1 medium onion, diced
1 1/2 tsp. salt
1/4 tsp. pepper
2 Tbsp. butter

Combine beef, rice, onion, salt and pepper. Shape into 15-20 small balls. Brown lightly in butter. Put in baking dish. Pour sauce over and bake, covered, at 325° for 1 1/2 hours.

Sauce:

1 (8 oz.) can tomato sauce
1 can tomato soup and 1/2 can water
1/2 c. catsup
1 1/2 Tbsp. brown sugar
dash chili powder

MEATBALLS

Susie Koehn

1 lb. hamburger
1 1/2 tsp. salt
pepper
1/4 c. uncooked rice
1 small onion
1 c. canned tomatoes
1/4 - 1/2 c. milk

Mix and form into balls. Put in baking dish. Top with tomato sauce and bake.

MEATBALLS

Susie Koehn
(Mrs. David J. Koehn)

1 lb. ground beef
1 small onion
3/4 c. bread crumbs
1/2 tsp. salt
pepper
1 can evaporated milk (or 1/2 can evaporated and 1/2 can regular milk)

Mix and brown meatballs. Pour over:

1 can mushroom soup (or 1 can celery soup)
1 can water (or part milk)

(I like to add 1 or 2 teaspoons gravy mix for flavor.)
Bake 1 hour.

PATTI'S BARBECUE MEATBALLS

Dorothy Renno

1 lb. hamburger
1 c. bread crumbs
1/2 c. milk
1 onion, grated

Mix together and form into balls.

Sauce:

1/2 tsp. salt
1/4 c. Worcestershire sauce
2 Tbsp. vinegar
1/4 c. sugar
1 c. catsup

Mix together thoroughly. Pour over meatballs in baking dish. Bake, covered, at 300° for 1 hour.

BARBECUED MEATBALLS

Sadie Becker

13 oz. evaporated milk
3 lbs. ground beef
2 c. oatmeal
2 eggs
1 c. chopped onion
1/2 tsp. garlic powder
2 tsp. salt
1/2 tsp. pepper
2 tsp. chili powder

Mix evaporated milk, ground beef, oatmeal, eggs, onion, garlic powder, salt, pepper and chili powder. Shape into balls. Place 1 layer in pan.

Sauce:

2 c. catsup
2 Tbsp. liquid smoke

1 c. brown sugar
1/2 c. chopped onions
1/2 tsp. garlic powder

Make a sauce by combining ingredients until sugar is dissolved. Pour over meatballs.

Bake 1 hour at 350°. Real good!

BAR-B-Q MEATBALLS

Carol Koehn

1 1/2 lbs. hamburger
3/4 c. oatmeal
1 c. milk
3 Tbsp. onion
1/2 tsp. salt
1/4 tsp. pepper

Mix all ingredients together and make into balls. Place in baking pan in 1 layer.

Sauce:

2 Tbsp. Worcestershire sauce
2 Tbsp. vinegar
2 Tbsp. sugar
1/2 tsp. chili powder
1 c. catsup
2 tsp. mustard
1/2 c. water

Combine all ingredients and pour over meatballs. Cover and bake at 350° for 1 1/2 hours.

STEAK-N-STUFF

"Manor" Favorite

3 lbs. hamburger
1/2 c. bread crumbs
1 small onion, chopped
1 tsp. pepper
1 tsp. salt
2 Tbsp. Worcestershire sauce
1 1/2 c. tomato juice
3 eggs
1 c. chopped tomatoes
1 c. chopped green pepper
1 c. chopped onion

Mix hamburger and bread crumbs in mixing bowl. Mix onion, pepper, salt, Worcestershire sauce, tomato juice and eggs. Add to hamburger mixture. Fry in skillet or broil in oven.

Makes 15 patties.

Make a cheese sauce using:

1/2 c. flour
1/2 c. oleo
3 c. milk
1 1/2 c. cheese

Spoon on top of each pattie. Top with chopped onion, green pepper and tomato.

Serves 15.

BERAUCHS

"Manor" Favorite

Dough:

2 Tbsp. yeast
1 3/4 c. lukewarm water
1 3/4 c. warm milk
3/4 c. oil
6 Tbsp. sugar
2 tsp. salt
2 eggs
7-8 c. flour

Dissolve yeast in water. Allow yeast to become foamy. Add warm milk, oil, sugar, salt and eggs; mix. Add flour, 1 cup at a time, while mixing. Mix well (or knead by hand). Dough should be soft but not unmanageable. Let rise until double in bulk. Knead down and let rise again.

To form berauchs, roll out dough to about 1/4-inch thick. Cut into 4-inch squares. Place approximately 3 tablespoons meat mixture in center of square. Bring corners together. Pinch together to hold meat inside. Place pinched side down on greased cookie sheet.

Bake in preheated 375° oven for 15-20 minutes or until tops are golden. Brush tops with margarine. Serve hot.

Berauchs Filling:

4 1/2 lbs. hamburger
1 small head cabbage
1 large onion, chopped
1 1/2 tsp. salt
1/2 tsp. pepper
1/4 c. mustard
1 c. grated cheese

Brown hamburger. Drain off excess grease. Shred cabbage very fine. Add cabbage and onion to hamburger. Simmer until vegetables are tender. Do not add any extra liquid (cabbage makes it own juice). Add remaining ingredients; mix well. Allow cheese to melt.

If there is quite a bit of liquid, drain. Meat mixture should not be too juicy or it does not keep its shape well in the berauchs.

Makes approximately 32 berauchs.

SUMMER SAUSAGE

Jan Cozart

2 lbs. hamburger
1/4 tsp. garlic powder
1/4 tsp. mustard seed
3 Tbsp. Tender Quick salt
1 c. water
1/2 tsp. onion powder
2 Tbsp. liquid smoke

Mix all well. Shape in 2 rolls. Wrap each in 3-4 thicknesses of foil, shiny side toward meat. Refrigerate 24 hours.

Poke holes in bottom of rolls, through all layers of foil. Put in oven, holes down on rack. Put pan of water on bottom rack to catch grease. Bake 90 minutes at 325°.

PORK CHOPS AND RICE

Grace Elder

6 pork chops (not less than 1/2-inch thick)
1 c. regular rice
large onion
1 can Campbell's tomato soup
1/4 can (soup can) water
salt

Brown pork chops in skillet. Place in roaster. Put 1 large slice of onion on each pork chop. Cook rice in water until almost done. Cover pork chops with drained rice. Pour 1 can of tomato soup over rice. Add (dribble) water over this. Cover and bake until done, approximately 1 1/2 - 2 hours) at 325°.

PORK CHOPS AND POTATOES

Jan Cozart

6 pork chops
6 potatoes
1 large onion
1 can cream of celery soup
1 c. milk
salt and pepper

Brown pork chops and set aside.

Slice potatoes and onion and alternate in layers in casserole. Season to taste. Mix milk and soup. Pour 1/2 of mixture over potatoes and onion. Lay pork chops on top and cover with remaining soup. Bake at 350° for 1 hour.

TUNA-NOODLE CASSEROLE

Sadie Becker

1 medium-size pkg. noodles
7 oz. can tuna
3 1/2 Tbsp. butter
3 Tbsp. flour
2 - 2 1/2 c. milk
1/2 c. grated cheese
salt and pepper

Cook noodles until tender; drain and put in baking dish. Add tuna and mix slightly.

Use remainder of ingredients to make a white sauce. Melt butter, then mix in flour. Add milk, cheese and seasoning. Stir until sauce thickens. Pour over noodles and tuna.

Bake in 350° oven for 30-40 minutes.

HONEY-GLAZED BAKED CHICKEN

Chris Grieser

3 lbs. chicken pieces
1/3 c. flour
1 tsp. garlic salt
dash pepper
6 Tbsp. butter or margarine
1/4 c. honey
3 Tbsp. lemon juice
2 Tbsp. soy sauce
dash ground ginger

Coat chicken with flour mixed with garlic salt and pepper. Melt 2 tablespoons margarine in shallow baking dish. Arrange chicken, skin side down, in the margarine.

Meanwhile, melt remaining 4 tablespoons margarine with honey, lemon juice, soy sauce and ginger. When chicken has baked 30 minutes, turn and evenly pour on butter mixture. Continue baking, brushing occasionally with sauce, for about 30-40 minutes longer. Watch carefully so it doesn't burn.

HUNTINGTON CHICKEN

"Manor" Favorite

1 good sized chicken, cooked and cut fine
4 c. broth, thickened with 1/2 c. flour
2 c. macaroni, boiled in salted water and drained
1/2 c. cream
4-6 hard-boiled eggs, sliced
1/2 lb. cream cheese or Velveeta

Mix all ingredients together and put in baking dish. Spread bread crumbs or crushed potato chips on top and bake 20-30 minutes.

CHICKEN PIE

Johanna Toews

Dice 1 well-cooked chicken (or use canned) and place in large casserole or pan.

Mix well:

2 Tbsp. butter or margarine
5 Tbsp. flour
salt and pepper

Add:

5 c. chicken broth
1 c. milk

Cook together until thickened, stirring constantly. Diced carrots and peas can also be added if desired. Pour over chicken. Bake at 375° for 50 minutes, then top with small partially-baked biscuits. Bake 10 minutes longer or until browned.

CHICKEN AND RICE

Nedra Davis

1 chicken, cooked and cut up
1 1/2 c. raw rice
1 stick oleo
1 pkg. onion soup
1 can cream of chicken soup

Melt oleo in baking pan. Place chicken in pan. Sprinkle raw rice over chicken. Mix onion soup and cream of chicken soup. Add 3 cans of water. Spoon over chicken and rice.

Bake at 350° approximately 1 - 1 1/2 hours.

Mix 1 box chicken-flavored chicken stuffing according to directions and put over the top the last 20-30 minutes before casserole is done.

SWEET AND SOUR CHICKEN

Donna Regehr

1 can pineapple chunks
1/2 c. onion
2 Tbsp. shortening
2 c. carrots (grated sticks)
2 1/2 tsp. chicken-in-a-mug
1/4 c. brown sugar
1/4 tsp. ginger
2 Tbsp. cornstarch
1/4 c. catsup
2 Tbsp. vinegar
1 Tbsp. soya sauce
2 c. cooked chicken
1 c. green pepper (sticks)

Drain pineapple; reserve juice. Add water to juice to make 1 1/4 cups.

Saute onion in shortening in a large skillet until tender. Add water, carrots and "chicken-in-a-mug". (I also add chicken broth.) Cover and simmer 5 minutes.

Combine sugar, cornstarch and ginger. Add catsup, vinegar and soya sauce. Stir into vegetables. Cook until clear and thickened. Add chicken, green pepper and pineapple.

Cover and simmer 5 minutes.

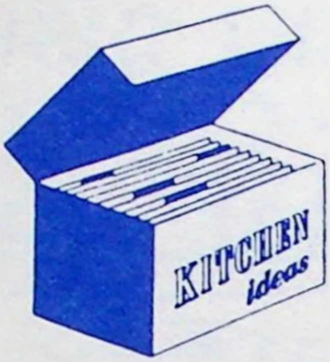
Serve chicken mixture over rice.

Write an extra recipe here:

Write your extra recipes here:

MAIN DISHES

EGG · CASSEROLE
CHEESE · PASTA



To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting

MAIN DISHES--
EGG, CHEESE, PASTA AND CASSEROLES

SKILLET OMELET

Velma Dyck

Make a batter of the following:

4 eggs, slightly beaten	1/3 tsp. salt
1 Tbsp. flour	shake of pepper
1/2 tsp. baking powder	3/4 c. milk

Mix. Use a heavy skillet with a tight-fitting lid, or try it uncovered.

Heat 1 1/2 tablespoons shortening. Pour in batter. This is exceptionally good with fried bacon or ham bits heated in the shortening. After frying to a nice brown, cut into fourths and flip. Brown on other side. Serve immediately if possible.

This makes 2 large servings.

We have enjoyed this quick, hot protein dish at our house as long as I can remember.

VERENKE CASSEROLE

Eva Davis

1 pkg. lasagne noodles	pepper
1 lb. cottage cheese	salt
2 eggs	

Cook lasagne noodles with 2 tablespoons salt. Drain and rinse. Put 1 layer in 9 x 11-inch glass baking dish. Mix cottage cheese with 2 eggs, 1 teaspoon pepper and 1 teaspoon salt. Layer cheese mixture on noodles and put remaining noodles on top.

Cover and bake at 300° for 30 minutes or until hot. Serve with cream gravy and ham or sausage.

VERENEKA CASSEROLE — **Art and Agatha Froese**

Cook and drain 9 lasagna noodles. Mix:

12 oz. dry cottage cheese
1 egg
salt
pepper
parsley

Brown 2 cups cubed ham in margarine with a little onion.

Make white sauce in drippings adding extra margarine to make 4 tablespoons. Add 4 tablespoons flour. Add 2 cups milk and cook as for white sauce. Add 1/2 cup sour cream.

Layer in 9 x 12-inch dish in the following order: 1/3 sauce, 1/3 noodles, 1/2 ham, 1/3 sauce, 1/3 noodles, 1/2 ham, 1/3 noodles and 1/3 sauce.

Bake 30 minutes at 350°.

LASAGNA — **Naomi Wollmann**

1/2 c. finely chopped onion
1 lb. ground beef
1 (1 lb.) can tomatoes
1 (8 oz.) can tomato sauce
1/2 tsp. oregano
1/4 tsp. basil
6 lasagna noodles, cooked
1 lb. Ricotta or cottage cheese
1/4 lb. Mozzarella cheese
1 clove garlic, minced
1 tsp. salt
1/4 tsp. pepper
2 tsp. sugar
2 eggs
2 Tbsp. parsley flakes
Parmesan cheese (optional)

Brown ground beef with onions and garlic. Drain off fat. Add tomatoes, tomato sauce, seasonings and sugar. Simmer 30 minutes, uncovered, until sauce is thick, but not dry. Beat eggs; blend in parsley flakes and Ricotta cheese.

In greased 8 x 10-inch pan, layer 1/2 of noodles, 1/2 of meat sauce, 1/2 of Ricotta and Mozzarella cheese. Repeat layers and sprinkle Parmesan cheese on top, if desired. Bake in 350° oven until bubbly and golden, about 40-50 minutes.

Serves 6.

GOOD LASAGNE — **Lea Isaac**

2 lbs. hamburger
onion to taste
salt and pepper to taste
1 can Cheddar cheese soup
1 can tomato sauce
tomato juice
1/2 tsp. oregano

Brown hamburger with onion, salt and pepper. Drain grease. Add 1 can cheese soup, 1 can tomato sauce and enough tomato juice

to make right consistency and 1/2 teaspoon oregano. Simmer.

Layer with cooked noodles, Parmesan and Mozzarella cheese. Bake at 350° for 30 minutes.

Note: A quick and delicious supper!

CHALUPAS

LeAnn Koehn

3 lbs. pork loin roast
1 lb. pinto beans
2 garlic buds, chopped
3 tsp. chili powder
1 tsp. cumin
1 tsp. oregano
1 can chopped chilies
3 tsp. salt

Combine all ingredients in large kettle or crock. Cover with water and cook until boiling. Reduce heat and cook slowly for 5 hours. Remove from heat and take meat from bone; tear into small pieces. Return to kettle and cook about 2 more hours. Serve over flour tortillas, fried slowly in oil or fat, or serve over taco chips. Top with lettuce, tomato, taco sauce and cheese.

MEXICAN DISH

Luella Schmidt

Brown together:

2 1/2 or 3 lbs. hamburger
1 onion

Cook 1/2 cup rice. Add to hamburger. Add:

1 can cream of chicken soup
1 can cream of mushroom soup
picante sauce to taste
3/4 Tbsp. Accent

Heat thoroughly in 300° oven. Before serving, add 1 small box (1/2 pound) Velveeta cheese. Top with large bag taco chips. Return to oven until cheese is melted.

Serves 8-10.

MEXICAN CASSEROLE

Linda Regehr

Cook 1/2 cup rice, then drain.

2 lbs. ground beef
1 medium onion
6 oz. tomato sauce or paste
1 can cream of chicken soup
1 can cream of mushroom soup
4 oz. hot taco sauce or 8 oz. mild taco sauce
4 oz. green chilies
1 tsp. salt
3/4 Tbsp. Accent
Dorito corn tortilla chips
cheese slices or Velveeta

Brown meat and onion. Drain fat. Add other ingredients, except chips and cheese. Heat and put in 9 x 13-inch pan or large casserole lined with chips. Bake at 325° until heated through. Before serving, top with cheese and place in oven again until cheese starts to melt.

MEXICAN CASSEROLE

Aleta Wedel's Family

2 1/2 lbs. hamburger
1 medium onion, chopped
1 can cream of chicken soup
1 can cream of mushroom soup
1 can hot enchilada sauce
1 can green chilies, if desired
1 lb. Longhorn cheese, grated
1 doz. flour tortillas
1 can creamed corn

Brown meat in skillet. Add onion and simmer 10 minutes. Add remaining ingredients, except cheese and tortillas. Cut tortillas in fourths. Layer tortillas, hamburger mixture and cheese in buttered casserole.

Bake 15-20 minutes at 325°. Sprinkle additional cheese on top and bake 20 minutes more.

May be prepared a day before serving and refrigerated.

ENCHILADA CASSEROLE

Brenda Juhnke

1 lb. hamburger
1 tsp. salt
1/2 c. chopped onion
8 flour tortillas
1/2 c. taco sauce
1 c. shredded Mozzarella cheese

Gravy:

1/4 c. oleo
6 Tbsp. flour
2 chicken bouillon cubes
2 c. water
1 c. sour cream
1/4 c. chopped green chilies

Brown hamburger and onion. Add taco sauce and salt. Divide

meat and cheese onto shells. Roll and place, seam side down, into pan.

Make gravy with flour, oleo, bouillon cubes and water. Stir in 1 cup sour cream and chilies.

Reserve some cheese; add on top.

Bake at 400° for 10-15 minutes.

ENCHILADA CASSEROLE

Karen Koehn

small carton (8 oz.) sour cream
approximately 8 or 9 flour tortillas
1 medium onion, chopped
1/2 of 1 large green pepper, chopped
small red pepper, chopped (optional)
1 clove garlic, minced or garlic powder
6 oz. Monterey Jack cheese
6 oz. Cheddar cheese

In large frying pan, fry 3 or more pounds of hamburger, onions, peppers and garlic slowly. Then mix the hamburger (a little over 3 pounds) with the sour cream and 1 can of cream of mushroom soup and 1 can cream fo chicken soup as is. Then add 1/2 - 3/4 cup of water. Add 1/4 cup of hot sauce or less (1/2 cup of homemade).

Layer tortillas with hamburger mixture and cheese (grated), ending with hamburger and cheese (2 tortilla layers).

Salt and pepper hamburger mixture to taste. If hamburger is fatty, pour off some fat before adding sour cream.

Bake at 350° for 45 minutes. If the mixture is hot, start at 350° and turn down.

CHICKEN ENCHILADAS

Madalene Koehn

1 chicken, cooked and deboned
8 corn tortillas
1 can cream of chicken soup
1/2 can chicken broth
1 can (4 oz.) green chilies, diced
1 can Mexican style beans
1/2 lb. grated cheese

Make sauce of chicken, chicken soup broth and green chilies.

Place a layer of tortillas in casserole dish, a layer of sauce with chicken and then a layer of cheese. Repeat for second layer. Top with can of beans.

Bake, uncovered, at 350° for 1 hour.

BUMSTEADS — Jan Cozart

1 can lunchmeat (Spam)
1 c. grated cheese
3 hard-boiled eggs
1/4 c. ripe olives
1/2 c. catsup
1/2 c. mayonnaise

Spread Bumstead mixture on hamburger buns and wrap in foil. Bake at 250° for 1 hour.

SEVEN-MINUTE BEEF CASSEROLE — Becky Bullard

1 lb. ground beef
1 pkg. onion gravy mix
1 1/2 c. water
1 pkg. frozen peas, thawed
1 can French fried onions
1/4 tsp. garlic salt
1/3 c. rice
1 can water chestnuts

Brown beef. Pour off grease. Blend in gravy mix, salt, water and rice; bring to a boil. Cover and cook 15 minutes. Reduce heat; stir in peas and chestnuts. Continue to cook until done and stir in fried onions. Serve with soy sauce.

BEEF-CABBAGE CASSEROLE — Martha Miller

1 lb. hamburger
1 medium onion, chopped
salt and pepper to taste
1 Tbsp. Worcestershire sauce
3 c. chopped cabbage
1/2 c. rice, uncooked
1 can condensed tomato soup
3/4 soup can water
1 c. grated cheese

Brown hamburger; drain off grease. Add chopped onion, salt, pepper, tomato soup and 3/4 soup can of water. Simmer 10 minutes.

Blanch cabbage and rice in small amount of water in covered pan for 5 minutes. Add to hamburger mixture. Add cheese and Worcestershire sauce. Stir lightly. Bake in covered casserole at 350° for 30 minutes.

Optional: Just before serving sprinkle some grated cheese on top.

HAM AND SWEET POTATO CASSEROLE — Mary Renno

2 c. diced, cooked ham
4 c. mashed, cooked sweet potatoes
1 egg, beaten
1/2 c. hot milk
1/2 tsp. salt
1/4 tsp. nutmeg

Set oven temperature at 350° F. Rub a 2-quart baking dish with margarine.

Brown diced ham in frying pan.

Beat egg in sweet potatoes and add ham.

Rinse out frying pan with hot milk and add to mixture. Season to taste. You may not need to add salt because the ham may provide enough salt.

Put mixture in casserole and bake for 30 minutes at 350°.

Serves 4-6.

MACARONI AND CHEESE WITH HAM

Doris Voth

2 c. macaroni
2 tsp. butter or oleo
2 Tbsp. chopped onion
2 c. chopped ham
1 c. shredded cheese
3 c. milk
3 eggs, well beaten
1/2 tsp. Worcestershire sauce
1/4 c. Parmesan cheese
shake of paprika

Cook macaroni according to directions on package; drain off water. Add the rest of ingredients. Put in baking dish. Bake at 350° for 30-40 minutes or until brown on top.

CHICKEN CASSEROLE

Jan Cozart

Sprinkle 1 cup raw rice into a cake pan. Place raw chicken on the rice.

Mix together:

1 can mushroom soup
1 can cream of celery soup
1 pkg. onion soup
1 c. milk

Pour over chicken and cover pan. Bake at 350° for 3 hours.

NOODLES ZUIDER ZEE

Leah Eicher

1 lb. bulk sausage
8 c. finely sliced <u>or</u> shredded cabbage
1 red apple, diced (skin on)
1/2 c. water
1 tsp. salt
dash pepper
8 oz. (4-5 c.) Mueller's munchen egg noodles

Brown sausage in skillet, stirring to separate into small pieces. Pour off drippings in excess of 1/4 cup. Add cabbage, apple, water, salt and pepper; cover and simmer until cabbage is just crisp-tender, about 10 minutes.

Meanwhile, cook noodles as directed on package; drain. Add noodles to cabbage and sausage; mix well. Heat together a minute.

Makes 4 generous servings.

POURED PAN PIZZA

Wanetta Huxman

Brown:

1 lb. ground beef
1 onion

Drain. Add 1 can mushroom bits and stems.

Batter:

1 c. flour
1 tsp. salt
2 eggs, slightly beaten
1/8 tsp. pepper
1/8 tsp. oregano
2/3 c. milk

Mix batter and pour in greased 9 x 13-inch pan. Sprinkle cooked beef, onions and mushroom mixture on top of batter. Bake at 400° for 15-20 minutes.

Remove from oven and spread 1 (15-ounce) can tomato or pizza sauce on cooked crust. Sprinkle 1 1/2 cups shredded Mozzarella cheese on top.

Put in oven and bake another 15 minutes.

Serves 6.

PIZZA

Regina Becker

Sauce:

1 can tomato paste (12 or 16 oz. can)
equal amount of water
1/2 tsp. Italian seasoning
1/4 tsp. cayenne red pepper
1 c. mushroom soup
1/2 tsp. garlic salt
1/2 tsp. onion salt

Bring to a boil.

Crust:

1 pkg. dry yeast
1 tsp. sugar
1 c. warm water

Mix together:

1 tsp. salt
3 tsp. oil
2 1/2 c. flour
1/2 c. yellow cornmeal

Knead to a ball. Let rise 5 minutes.

Pre-bake at 400° for 10 minutes.

Makes 3 pans.

SUPPER-ON-A-BREAD-SLICE

Janet Doane

1 1/2 lbs. ground beef
2/3 c. Carnation milk
8 oz. shredded Longhorn cheese
1/2 c. diced onions
1/2 c. diced celery
1/4 tsp. pepper
1 1/4 tsp. salt
1/2 c. cracker crumbs
1 egg
1/2 tsp. Accent

Mix well and spread evenly on 2 halves of French bread. Bake in a 350° oven for 25 minutes. Remove from oven and garnish with strips of cheese. Bake 5 minutes more.

SPAGHETTI SAUCE

Jan Cozart

1 1/2 lb. hamburger
onion to taste
garlic to taste
green pepper to taste
1 can tomato paste
2 cans tomato sauce
1 qt. can tomatoes
1 envelope spaghetti sauce seasoning
1 small can mushrooms

Saute garlic, onion and green pepper with hamburger. Add the rest of ingredients and simmer about 1 hour. Serve over cooked spaghetti and sprinkle your favorite cheese on top.

Write your extra recipes here:

Write your extra recipes here:

VEGETABLES

BUYING GUIDE
Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

HOT CARROTS

Evelyn Koehn

Bring to a boil:

4 c. vinegar
4 c. water
1/2 c. salt
3/4 c. sugar

Cook carrots 5 minutes in water. Put onions and peppers in jars. Put in carrots and pour brine over.

MARINATED CARROTS

Mary Renno

1/2 c. cooking oil
1/3 c. vinegar
1/2 c. sugar
1/2 can tomato soup
1 lb. cooked carrots
2 tsp. minced onion
1/2 tsp. black pepper
1 tsp. paprika
2 tsp. salt
1 tsp. prepared mustard

Slice carrots and cook until firm; cool. Mix other ingredients and beat with egg beater or electric mixer. Pour over carrots and refrigerate several hours before serving.

POTATO SCONES

Vesta Koehn

Mix well:

1/2 c. sugar
1/3 c. lard

Add:

1 1/2 c. flour
4 tsp. baking powder

Add and mix:

1 c. mashed potatoes
1/4 tsp. salt
1 egg

Mix in order given. Dough will be quite stiff. Bake in a 9 x 9-inch square pan at 400° until golden brown on top. Serve hot with milk or fruit.

Especially good used for strawberry shortcake. For corn bread, use 1/2 cup cornmeal for 1/2 cup of the flour.

GOOD GREEN BEANS

Luella Schmidt

2 cans French-cut green beans
1 medium onion, chopped
6 slices bacon, cut up
1 can tomato soup
1/3 c. brown sugar

Saute onion with bacon; drain.

Place 1 can of beans in casserole; cover with 1/2 of onions and bacon. Add second can of beans and top with remaining bacon and onion. Combine brown sugar and tomato soup; pour over top.

Bake at least 1 hour at 350° F.

Serves 8-10.

BAKED FLUFFY RICE

"Manor" Favorite

1 c. rice, uncooked
2 1/2 c. water
3 Tbsp. butter
1 tsp. salt

Combine ingredients in greased 1-quart casserole. Cover and bake in a moderate oven (350°) for 1 hour. Remove cover. Stir rice with fork. Top with additional pat of butter.

CALICO BEANS

"Manor" Favorite

1/4 lb. bacon
1 lb. hamburger
1/2 c. chopped onion
1/2 c. brown sugar, packed
1/2 c. catsup
2 Tbsp. vinegar
1 Tbsp. mustard
1 tsp. salt
1 can lima beans
1 can kidney beans
1 large can pork and beans

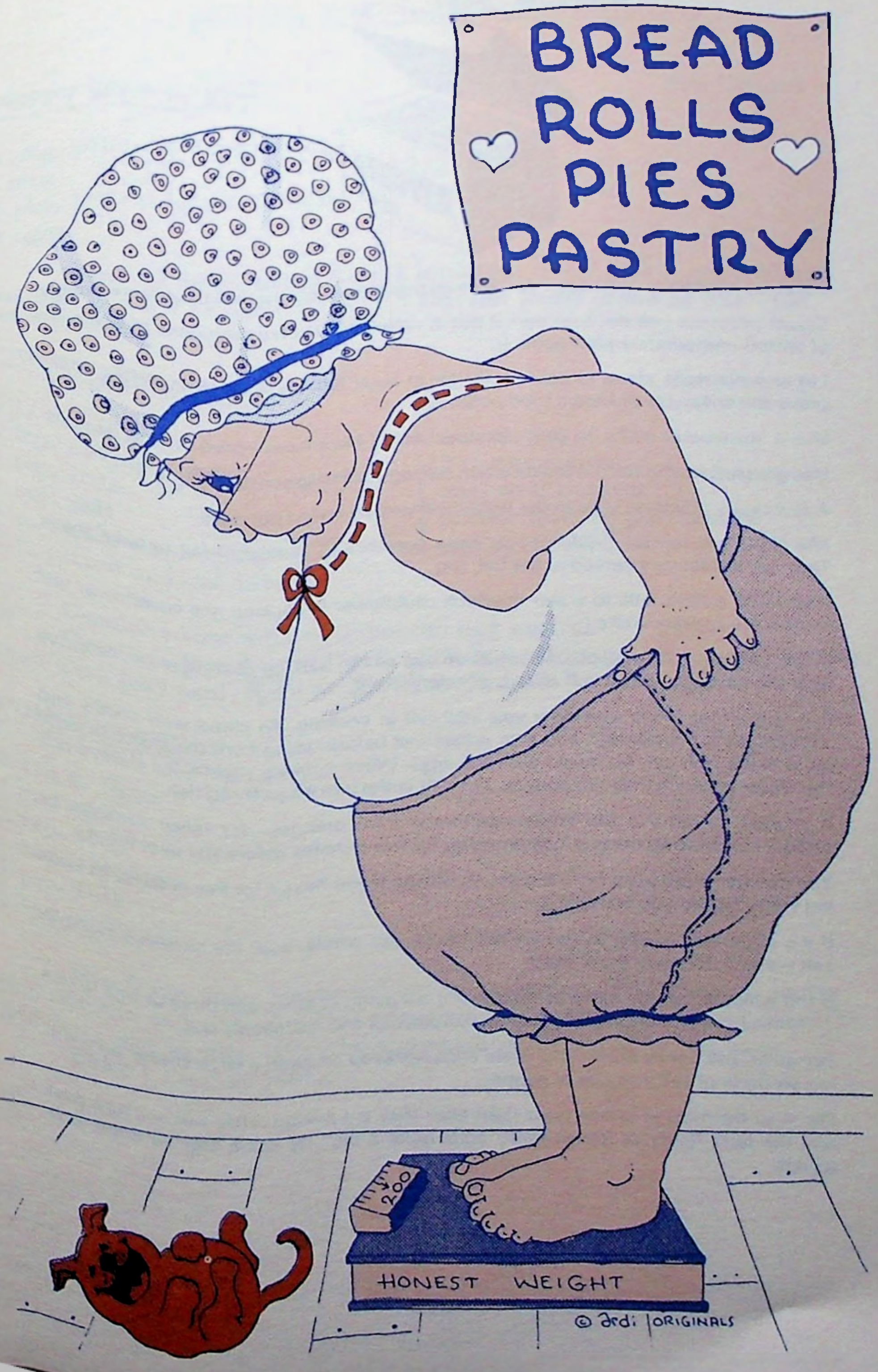
Brown bacon, hamburger and chopped onion in pan. Then add remaining ingredients and mix well. Bake at 200° for 1 1/2 hours.

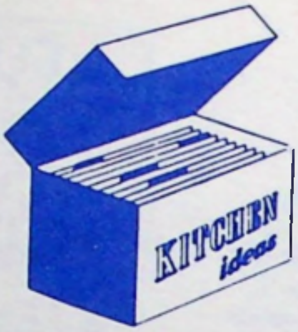
VEGETABLE MEDLEY

Janet Doane

1 (16 oz.) bag frozen broccoli, carrots and cauliflower combination, thawed and drained
1 (10 3/4 oz.) can condensed cream of mushroom soup
1 c. American or Velveeta cheese, shredded
1/3 c. sour cream
1/4 tsp. black pepper
1 (2.8 oz.) can French fried onions

Combine vegetables, soup, 1/2 cup cheese, sour cream, pepper and 1/2 can French fried onions. Pour into a 1-quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions. Bake, uncovered, 5 minutes longer. Makes 6 servings.


BREAD
ROLLS
PIES
PASTRY
200
HONEST WEIGHT



Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

POPPY SEED BREAD

Jan Cozart

1 pkg. yellow or lemon cake mix
1 pkg. instant lemon pie mix
4 eggs
1 c. hot water
1/2 c. cooking oil
1/4 c. poppy seed

Blend all ingredients; beat 4 minutes. Pour into 2 greased and floured (9 x 5 x 13-inch) pans or 3 tin-foil pans. Bake at 325° for 45 minutes.

FRESH DATE BREAD

Jan Cozart

2 1/2 c. flour
2 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 c. whole wheat flour
2 c. pitted and cut dates
1/2 c. sugar
1/2 c. nut meats
1 egg, well beaten
2 c. sour milk or buttermilk
3 tsp. salad oil

Combine sour milk with beaten egg and oil.

Combine liquid ingredients with dry, stirring as little as possible. Pour into loaf pan. Bake at 350° for 1 hour.

PUMPKIN BREAD

"Manor" Favorite

3 1/2 c. flour
3 c. sugar
2 tsp. soda
1 tsp. cinnamon
1 tsp. salt
1 tsp. nutmeg
4 eggs
2 c. pumpkin
1 c. cooking oil
2/3 c. water
1 tsp. vanilla
1 c. nuts, chopped

Mix flour, soda, sugar and spices together. Make a well in dry ingredients and add pumpkin, eggs, oil and water. Beat until smooth; add nuts and vanilla. Pour into greased and floured bread pans.

Bake 1 hour at 350°.

BANANA NUT BREAD

"Manor" Favorite

1/2 c. shortening
1 c. sugar
2 eggs, beaten
1 c. mashed bananas
1 1/4 Tbsp. buttermilk
1 tsp. lemon juice
2 c. flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/2 tsp. soda
1 c. chopped nuts

Cream shortening and sugar together. Add beaten eggs, bananas, milk and lemon juice. Sift flour, baking powder, salt and soda. Add dry ingredients to banana mixture. Fold in nuts. Bake 50-60 minutes in a greased loaf pan at 325°.

ZUCCHINI BREAD

Jan Cozart

3 eggs, beaten
1 c. cooking oil
2 c. sugar
2 c. grated zucchini
2 tsp. vanilla
3 c. flour
1 tsp. soda
1/2 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1/2 c. chopped nuts

Preheat oven to 325°. Grease and flour 2 loaf pans.

Beat eggs, then add oil, sugar, zucchini and vanilla. Cream together.

Sift and measure 3 cups flour, then sift together flour, soda, baking powder, salt and cinnamon. Add sifted ingredients to creamed mixture and mix until thoroughly blended. Add nuts.

Bake at 325° for 1 hour.

MYRTISE TOEVS' WHITE BREAD

John Toevs

Light and fluffy, this was always a favorite when it came fresh from the oven!

1 cake yeast <u>or</u> 1 Tbsp. active dry yeast
1/4 c. lukewarm water
2 tsp. sugar
1 c. milk, scalded
1 c. boiling water
1 Tbsp. salt
2 Tbsp. sugar
1/4 c. shortening
6 c. (about) bread flour <u>or</u> unbleached all-purpose flour

Scald milk and add boiling water. Add the salt, sugar and shortening. Cool to lukewarm.

Dissolve yeast in water with sugar and allow to become frothy. Add yeast to warm liquid ingredients. Work in 3 cups of flour. Add

remaining flour and mix well. Turn out onto floured board and knead until smooth and elastic, about 8-10 minutes. Dough should not be sticky. Place in greased bowl, turning dough to grease top. Cover with plastic wrap. Set in warm place to double in bulk.

Punch dough down. Divide dough into 2 equal parts and form into loaves. Place in greased bread pans. Brush with melted butter. Allow to rise until double in size.

Bake in preheated oven at 425° F. for 15 minutes; reduce heat to 400° F. for another 15 minutes. Continue baking at 350° F. for about 30 minutes or until bread sounds hollow when thumped on the bottom.

ERNA'S BREAD

Erna Hensley

2 c. milk, scalded
1 c. cold water
3 tsp. sugar
1 Tbsp. salt
1/4 c. shortening
1-2 pkgs. yeast dissolved in warm water (1/4 c. for 1 pkg.; 1/2 c. for 2 pkgs. yeast)
3 c. graham flour
5-6 c. white flour

Start baking at 450° for 10 minutes. Turn oven down to 350°. Bake 50-60 minutes.

ZWIEBACH

Irvin Nikkel

2 c. milk, scalded
1/2 c. sugar
2 1/2 tsp. salt
2 eggs (optional)
3/4 c. shortening
1/2 c. cream (optional)
1 1/2 Tbsp. yeast or 1 1/2 cakes yeast dissolved in 1 c. warm water with 1 Tbsp. sugar
8-10 c. flour

Add sugar and salt to warm milk, then add yeast mixture, melted shortening and flour gradually; stir in as much flour as you can with a spoon. Knead dough until soft and smooth, adding flour as needed. Cover and let rise in warm place until double in bulk.

Knead down once more and let rise again. Pinch off small balls of dough, placing 2 inches apart on greased pan. Put slightly smaller ball on top, pressing down with thumb. Let rise until double in size.

Bake at 400° for 15-20 minutes.

TOEVS' FAMILY ZWIEBACK RECIPE

John Toevs

This recipe has been a favorite in the Toevs family for many years. Mother Toevs baked them regularly in the old black cook-stove every Saturday morning. Zwieback were served especially for the Sunday afternoon "Faspa" with coffee, sugar cubes and jelly.

John's mother made her Zwieback with equal parts of butter, lard and tallow. The tallow, says John, helped to make them fluffy; the butter added flavor.

The recipe is from his sister Helen Jost's old recipe box. It has been reduced in quantity. The original called for 10-12 cups of flour.

Zwieback are rarely eaten with butter. Children were always told, "The butter is inside." However, jelly and jam were allowed.

2 c. milk, scalded
1/2 cake Red Star yeast or
  2 Tbsp. bulk yeast
1 tsp. (heaping) sugar
1/2 c. shortening (1/2 lard, 1/2
  butter), melted
1 tsp. (heaping) salt
4-5 c. WR bread flour

Scald milk and cool to lukewarm. Melt butter and lard. Sprinkle yeast over warm milk, stir in sugar and place in warm mixing bowl until yeast is frothy. Add melted shortening and salt. Gradually add flour until the dough has a consistency so it won't stick. Turn out onto floured board and knead until smooth and elastic, about 8-10 minutes. Place dough in greased bowl, turning to grease top of dough. Cover with plastic wrap and set in warm place until doubled in bulk.

Punch dough down to get out air bubbles. Pinch off a piece of dough about the size of an orange. Place dough in the palm of your hand. With thumb and index finger, squeeze and pinch off a piece of dough about the size of an egg. Place on greased pan and flatten slightly with your hand. Squeeze a second ball, slightly smaller, up through your fist and pinch off. Press the second ball into the bottom ball with your thumb, making a "dimple" so it won't slide off while baking. Continue placing zwieback buns on greased baking sheet, about 2 inches apart. Cover with clean kitchen towel and let rise until double in size.

Bake at 400° F. for about 15-20 minutes or until golden brown.

TOEVS' FAMILY ROGGABROT

John Toevs

Rye bread was always a staple in the Toevs home. Baked by John's mother, Eva Hiebert Toevs, it was enjoyed by family and visitors. Father Toevs liked it especially with a good portion of homemade sausage, vinegar and sliced onions.

The rye bread tradition has been continued in his sister Helen's

family. Many loaves went from her kitchen to friends all over Hillsboro. She used the WR rye graham which is still milled in McPherson, Kansas.

1 1/2 c. lukewarm water
1 1/2 c. lukewarm potato water (saved from cooking potatoes)
2 Tbsp. active dry yeast
1 Tbsp. sugar
1/4 c. dark molasses
3 Tbsp. bacon grease or "Graeve Schmult" or margarine
1 Tbsp. salt
1 1/2 Tbsp. caraway seeds
4 1/2 c. rye graham*
6 c. unbleached all-purpose or bread flour

*(If you do not have rye graham, you may use 4 cups unbleached flour, 2 cups graham flour, 1/2 cup All-Bran cereal or bran flour and 4 cups rye meal or coarse rye flour.)

In a large mixer bowl combine potato water liquid and water. Sprinkle in yeast and sugar. Stir briskly to dissolve yeast. Add molasses, melted bacon grease, salt and caraway seeds. Stir well. Gradually add 3 cups white bread flour and beat 5 minutes with electric mixer. Gradually add rye graham flour and beat well. Gradually add enough rye graham to form a dough that does not stick to your hands.

Turn dough out onto well-floured board and knead until smooth and elastic, about 8-10 minutes. Add more flour if needed. Place dough in well-greased bowl, turning to grease top of dough. Cover with plastic wrap and set in warm place until doubled in bulk. Punch down. Divide into 3 equal pieces. Shape into balls and then into ovals about the size of the pan. Place in 3 large, well-greased pans.

Cover with clean kitchen towel and let rise until doubled in size. (If you like a shiny crust, brush with a little milk before placing in the oven.) Bake at 375° F. for 45 minutes or until hollow-sounding when thumped on the bottom. Cool on racks.

This will make 3 large loaves.

ERNA'S DINNER ROLLS

Erna Hensley

3/4 c. milk, scalded and cooled
1 pkg. yeast dissolved in 1/4 c. warm water
1/4 c. shortening
1 egg, beaten with 3 tsp. sugar and 1 tsp. salt

Add egg mixture to shortening and milk. Let cool to lukewarm before adding yeast. Add from 3-4 cups flour to form soft dough that can be handled. Let rise 45-60 minutes. Punch down and let rise the second time. Place in muffin in. Let rise about to double. Bake at 400° for 15 minutes.

SWEET ROLL DOUGH

"Manor" Favorite

Measure into mixing bowl 1/2 cup lukewarm water. Add, stirring to dissolve, 2 packages active dry yeast.

Stir in:

1 1/2 c. lukewarm water	2 eggs
1/2 c. sugar	1/2 c. soft shortening
2 tsp. salt	7 1/2 c. sifted flour (approximately)

Mix with spoon until smooth. Add enough flour to handle easily. Keep dough as soft as possible. Knead until smooth and elastic. Round up in greased bowl and cover. Let rise in warm place until double in bulk, about 1 1/2 hours. Punch down; let rise again, until almost double, about 30 minutes. Shape as desired, let rise and bake in medium-hot oven (375°) for 15-20 minutes.

This is a key recipe for any shape of rolls or coffee cake. Good for freezing for later use. For doubled recipe: Take 2 times each ingredient except yeast, not necessary to increase yeast more than 1 1/2 times. Recipe calls for 2 packages yeast, use only 3 packages.

GRANDMA'S KUCHENS

Ike Isau

A family favorite! You can take any favorite roll dough; I like this one.

Refrigerator Dough: Mix together:

1/2 c. lukewarm water	1 1/2 tsp. salt
2/3 c. sugar	

Crumble into mixture 1 cake or 1 package yeast.

Mix first with spoon, then by hand:

1 c. lukewarm, mashed potatoes	7 - 7 1/2 c. flour

Knead until smooth. Refrigerate 2 hours before baking.

Take dough and roll thin to fit cookie sheet. Then spread slightly thick with sour cream. Sprinkle with sugar (about 1/2 cup) and then sprinkle cinnamon over sugar.

Let rise and bake in 375° oven until done, about 15-20 minutes.

APPLE ROLL

Amanda Bender

Sift together:

2 c. flour	3 tsp. baking powder
2 Tbsp. sugar	1/2 tsp. salt

Cut in 3 tablespoons lard or shortening.
Add:

1 egg, beaten	3/8 c. milk

Blend well. Roll out dough on floured board to 1/2-inch thickness.

Peel, core and slice 7 apples. Arrange on dough.
Mix:

2 Tbsp. sugar	3/4 tsp. cinnamon

Sprinkle over apples, then roll as a jelly roll.
Mix:

1 1/2 c. brown sugar syrup <u>or</u> Karo syrup	3/4 c. hot water

Pour syrup into 10 x 16-inch pan. Cut rolls in 1/2-inch slices and lay in syrup. Bake in 375° F. oven for 30 minutes.

HOT CINNAMON TWISTERS

Sue Yost

1/3 c. sugar	1/4 c. oleo
1 1/4 tsp. cinnamon	1 (8 oz.) can refrigerator biscuits

About 25-30 minutes before serving, preheat oven to 375°. Grease cookie sheet.

In small bowl, combine sugar and cinnamon. Melt oleo. Flatten each biscuit to a 4-inch circle. Dip first in oleo, then in cinnamon/ sugar mixture. Twist 2 or 3 times.

Place on cookie sheet. Bake 12-15 minutes.

Yields 8-10 twisters. (May use chopped nuts, if desired.)

CORN BREAD

"Manor" Favorite

1 c. flour
1/2 c. sugar
4 tsp. baking powder
1/2 tsp. salt
1/2 c. cornmeal

Combine dry ingredients.

1 egg
1 c. milk
1/3 c. cooking oil

Add to dry ingredients and stir just until mixture is moistened.

Pour into greased baking pan (7 x 10 1/2 inches or 8-inch square). Bake for 20 minutes at 350°.

BISCUITS

Jan Cozart

2 1/2 c. water
1/2 c. sugar
1 egg
1 Tbsp. salt
1/2 c. butter
1/2 tsp. soda
1/2 tsp. baking powder
2 Tbsp. yeast
enough flour to make dough stiff

Raise twice. Shape and raise.

Bake at 400° for 10 minutes, then 375° for 10 minutes.

NORTHWOODS PANCAKES

Chris Grieser

Pancakes deliciously unlike anything you ever tasted!

To 1 1/2 pints of lukewarm water add 2 envelopes of dry yeast and dissolve thoroughly.

Add 1 cup powdered milk and stir until dissolved.

Add 3 eggs and stir briskly until blended.

Add:

3 c. flour
1/4 c. cooking oil

Stir until blended and cover kettle. Let rise in warm place until light and foamy, about 30-40 minutes. Stir lightly a few times.

FRENCH BREAKFAST MUFFINS

Carol Koehn

1/3 c. shortening
1/2 c. sugar
1 egg
1 1/2 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk

1/2 c. sugar
1 tsp. cinnamon

1/2 c. margarine, melted

Heat oven to 350°. Grease 15 muffin cups.

Mix thoroughly shortening, 1/2 cup sugar and the egg. Stir in flour, baking powder, salt and nutmeg alternately with milk.

Fill muffin cups 2/3 full. Bake 20-25 minutes.

Mix 1/2 cup sugar and the cinnamon. Immediately after baking, roll puffs in melted margarine, then in cinnamon-sugar mixture. Serve hot.

NEVER-FAIL DOUGHNUTS

Kenneth Smith

2 pkgs. yeast
1/2 c. warm water
1 c. milk, scalded
1 tsp. vinegar
1/2 c. sugar

1 tsp. salt
1/2 c. margarine
1 egg plus 4 egg yolks, beaten
4 c. flour (approximately)

Dissolve yeast in warm water. Add vinegar, sugar, salt and margarine to scalded milk. When lukewarm, add yeast, egg and egg yolks. Add flour to make a soft dough. Let rise.

Roll out 3/8-inch thick. Fry in oil (375° - 400°) for 2 minutes on each side. Glaze while hot.

Yields 3 dozen.

Glaze:

1 box powdered sugar
1 Tbsp. cornstarch
1 Tbsp. sweet cream

1 Tbsp. melted butter
1 tsp. vanilla

Add enough water to make a glaze. Dip hot doughnuts in glaze and place on rack to dry.

CHRISTMAS STOLLEN (GERMAN)

Eva Smith

3 pkgs. dry active yeast dissolved in 1/2 c. warm water
1 1/2 c. milk, scalded and then cooled to lukewarm
8 c. all-purpose flour
1 tsp. vanilla
1/2 lb. sweet butter, softened
3 c. white raisins
3 c. dark raisins
1 c. finely diced glazed fruit
2 c. sweet butter
4 eggs
1 tsp. salt
1 c. cinnamon/sugar
grated rind of 1 lemon
1/2 tsp. ground nutmeg
1/2 c. rum

Soak raisins and diced glazed fruit in rum for 3 days. Stir fruit to make sure it is soaked.

Mix warmed milk and dissolved yeast in 1 cup flour until bubbly. Cream softened butter and sugar; add eggs, 1 at a time. Mix in salt, lemon rind and yeast. Stir in nutmeg, vanilla and flour, 1 cup at a time, stirring well after each addition.

Turn dough out onto a floured board and knead until smooth, about 10 or 15 minutes. Add drained rum-soaked fruit to dough and knead until evenly distributed. Place dough in a greased bowl and turn it over so it is greased on both sides. Cover with lid or towel. Allow to rise in warm place until double in bulk, about 1 - 1 1/2 hours.

Punch dough down and divide into 3 equal parts. Let rest 10 minutes. Roll each out to a strip 12 x 8-inches. Brush with melted butter. Fold each strip by bringing 1 long side over to the center. Press the edge down lightly. Fold the other side across it, overlap and press gently to mound it in center. Place loaves on lightly greased cookie sheet. Brush with melted butter. Cover lightly and allow to rise 1 hour.

Bake loaves on middle rack of 350° oven for 35 minutes, until golden brown. Punch each loaf 12 times with wooden dowel. Brush with melted butter so it soaks in. Sprinkle with cinnamon-sugar.

MYRTISE TOEVS' SPICED COFFEE CAKE

John Toevs

3 c. sifted all-purpose flour
2 c. sugar
3/4 c. oil
1/2 tsp. salt
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. cinnamon

Blend all these ingredients well in large bowl. Take out 3/4 cup of this mixture and reserve for the topping. To the ingredients in the bowl, add the following:

2 c. buttermilk
2 tsp. soda
1/2 c. raisins
1/2 c. nuts
1 egg, beaten

Mix all together well. Pour into greased 9 x 13-inch pan. Sprinkle the 3/4 cup reserved mixture over the top for topping. Bake at 325° F. for about 1 hour, or until done in center.

SPECIAL APPLE PIE **Sarah F. Koehn**

Everyone raves about how good this pie is!

8 McIntosh apples, peeled and sliced
1 2/3 c. sour cream
1 c. sugar
1/3 c. flour
1 egg
2 tsp. vanilla
1/2 tsp. salt
1 unbaked pie shell

Topping:

1 c. walnut halves
1/2 c. flour
1/3 c. sugar
1/3 c. brown sugar
1 Tbsp. cinnamon
1/2 c. butter

Combine apples, sour cream, sugar, flour, egg, vanilla and salt. Pour into pie shell and bake at 450° F. for 10 minutes. Reduce heat to 350° F. and bake 40 minutes.

Combine walnut halves, flour, sugars, cinnamon and butter until crumbly. Spoon over pie and bake 15 minutes longer.

PUMPKIN PIE **"Manor" Favorite**

2 c. pumpkin
2 c. sugar
2 c. milk
4 eggs
1 tsp. nutmeg
2 tsp. cinnamon

Mix and put into 2 unbaked pie shells. Bake at 425° for 5 minutes, then at 350° for 30-40 minutes.

PECAN PIE

"Manor" Favorite

3 eggs, well beaten
1/2 c. sugar
1/2 c. light corn syrup
1/2 c. dark corn syrup
1/4 tsp. salt
1 tsp. vanilla
1 c. pecans
1/4 c. melted butter

Combine eggs, sugar and corn syrups. Mix well. Add butter, salt, vanilla and nut meats. Pour into unbaked pie shell. Bake at 350° - 375° for 30 minutes, or until set.

STRAWBERRY PIE

"Manor" Favorite

1 c. water
1 c. sugar
1/4 c. white corn syrup
4 Tbsp. cornstarch
1/2 (3 oz.) pkg. strawberry gelatin
2 c. sliced strawberries

Mix water, sugar, syrup and cornstarch. Bring to a boil, stirring constantly. Cook until clear. Add gelatin. Cool until lukewarm. Add strawberries. Pour into baked pie shell or graham cracker crust. Chill until set. Top with whipped topping.

Makes 1 (9-inch) pie.

SUGARLESS APPLE PIE

Aleta Wedel's Family

5 or 6 Delicious apples
1 (6 oz.) can frozen apple juice (no sugar added)

Mix:

2 Tbsp. flour
1 tsp. cinnamon
1/2 tsp. salt

Heat apple juice and add mixture of flour/cinnamon/salt to juice, cooking until thick.

Peel and slice apples and coat them with apple juice mixture. Place in a 9-inch crust. Dot with 2 tablespoons oleo. Cover with top crust. Sprinkle with water (add nutmeg if desired).

Bake at 450° for 15 minutes, then reduce heat and continue baking for 30 minutes.

Especially good when served with a slice of Cheddar cheese.

TOLL HOUSE PIE

Merta Lakin

pastry for 9-inch One-Crust Pie (below)
2 eggs
1/2 c. Gold Medal all-purpose flour
1/2 c. sugar
1/2 c. brown sugar, firmly packed
1 c. butter, melted and cooled to room temperature
1 (6 oz.) pkg. (1 c.) Nestle Toll House semi-sweet chocolate morsels
1 c. chopped walnuts
whipped cream or ice cream (optional)

Preheat oven to 325° F. Prepare pastry. In large bowl, beat eggs until foamy. Add flour, sugar and brown sugar; beat until well blended. Blend in butter. Stir in semi-sweet chocolate morsels and walnuts. Pour into pastry-lined pie plate. Bake until set, about 1 hour. Serve warm with whipped cream or ice cream.

Makes 8-12 servings.

Pastry for 9-inch One-Crust Pie:

1/3 c. shortening or 1/3 c. lard
1 c. Gold Medal all-purpose flour
1/2 tsp. salt
2-3 Tbsp. cold water

Cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1-2 tsp. water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered board. Roll pastry 2 inches larger than inverted pie plate, 9 x 1 1/4 inches. Fold pastry into quarters; place in plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate; flute.

ORANGE PIE

Clara Koehn

3/4 c. sugar
1/3 c. flour
1/4 tsp. salt
1 1/4 c. milk
3 egg yolks
1 tsp. grated orange rind
1/2 c. orange juice

Mix sugar, flour, salt and milk. Boil over hot water 20 minutes. Add beaten egg yolks. Boil 5 minutes more. Add juice and rind. Pour into baked pie shell; cool. Spread with meringue and brown lightly.

PILGRIM PUMPKIN OR SQUASH PIE

William T. Becker

unbaked 9-inch pie shell
1 3/4 c. canned pumpkin or frozen squash
3/4 c. brown sugar, firmly packed
3/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
1 c. evaporated milk
1/2 c. water
2 eggs, well beaten

Chill shell several hours. Heat pumpkin (or thawed squash) over low heat 10 minutes, stirring often, to dry out slightly. Heat oven to 450° F. (hot). Combine sugar and next 4 ingredients. Stir into pumpkin. Stir milk, water and pumpkin mixture into eggs. Strain through a fine strainer. Pour most of it into shell. Place on oven rack; add rest of filling. Bake at 450° F. for 15 minutes; reduce to 300° F. and bake 45 minutes, or until silver knife inserted in center comes out clean. Cool on rack.

To serve, top each wedge with unsweetened whipped cream and 1 teaspoon honey in center; or with ice cream; or with drained, canned crushed pineapple. Or serve with cheese. Or frost with whipped cream or cream cheese; top with chopped nuts.

Nut-Pumpkin Pie: Sprinkle 1/2 cup sliced Brazil nuts, almonds, filberts, peanuts, pecans or walnuts on pie 10 minutes before it is done.

With Cheese Pumpkins: Shape soft yellow cheese in 1-inch balls. Ridge each with fork to resemble pumpkin. Insert clove or piece of citron in top of each for stem.

GREEN TOMATO PIE

Katie Becker

Wash and thinly slice enough green tomatoes to fill pie shell, slightly rounding full. Drain slightly. Prepare 9-inch pie shell. Sprinkle bottom with flour. Put in 1/2 of sliced tomatoes and:

1/2 c. plus 2 Tbsp. (slightly rounded) sugar
1/2 tsp. (scant) allspice
few grains salt

Put in remainder of tomatoes, sugar and allspice. Sprinkle with salt. Sprinkle small amount of flour over top. Put on top crust and seal. Bake at 400° for 45 minutes or until done.

CAKES · ICINGS
COOKIES

© ardi ORIGINALS

Worth Remembering

★ A pie crust will be more easily made and better if all the ingredients are cool.

★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.

★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.

★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.

★ Cakes should not be frosted until thoroughly cool.

★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

RAISIN SHEATH CAKE

"Manor" Favorite

1 1/2 c. sugar
3/4 c. oleo
2 eggs, beaten
2 c. flour
1/2 c. nuts
2 tsp. cinnamon
1 tsp. vanilla
1 1/2 tsp. soda
1 c. raisins
2 c. water

Boil raisins in water. Mix other ingredients and add raisins and 1 cup of the water.

Bake in greased cookie sheet. Frost while still warm.

This cake is good with a caramel frosting.

RAINBOW CAKE

"Manor" Favorite

Make 2 cups gelatin cubes using 2 (3-ounce) packages of flavored gelatin (1 strawberry and 1 lime or 1 orange and 1 cherry). Dissolve each package of gelatin in 2 cups boiling water. Pour into 2 shallow pans and chill until set. Cut into 1/2-inch cubes.

Graham Cracker Crust:

2/3 c. graham cracker crumbs
2 Tbsp. melted oleo
1 Tbsp. sugar

Mix all ingredients together and press into a 9-inch square pan. Bake at 350° for 5 minutes. Cool.

1/2 c. pineapple juice
1 1/2 oz. lemon gelatin
2 Tbsp. sugar
3/4 c. Cool Whip

Heat juice to boiling. Dissolve gelatin and sugar in juice. Allow mixture to cool until syrupy. Fold in Cool Whip. Stir in gelatin cubes. Pour into baked crust. Chill.

Serves 8-10.

CRAZY CAKE

Jan Cozart

Put in 9-inch layer baking pan:

1 1/2 c. flour
1 c. sugar
1/2 tsp. salt
1 Tbsp. cocoa

With spoon make 3 holes. In one, put 1 tablespoon vinegar; in the second put 1 teaspoon vanilla and in the other put 6 tablespoons oil. Over all pour 1 cup water. Mix with flour. Do not beat.

Bake at 350° for 30 minutes.

CARROT CAKE

Jan Cozart

Sift:

2 c. flour
2 c. sugar
2 tsp. baking powder
2 tsp. soda
2 tsp. cinnamon
1 tsp. salt

Put in large bowl. Add:

1 1/2 c. cooking oil
4 eggs, beaten

Fold in:

3 c. shredded carrots
1/2 c. walnuts
2 tsp. vanilla

Bake at 350° for 45 minutes or until done.

Frosting:

8 oz. cream cheese
1/2 c. butter
1 lb. powdered sugar

Beat together. Top with chopped nuts.

OATMEAL CAKE

Jan Cozart

Pour 1 1/4 cups boiling water over:

1 c. quick oatmeal
1/2 c. shortening

Let stand 20 minutes.
Add:

1 c. brown sugar
1 c. sugar
2 eggs
1 Tbsp. cinnamon
1/4 tsp. nutmeg
1/2 tsp. salt
1 1/2 c. flour
1 tsp. soda

Mix and bake 35-40 minutes at 350°.

Topping:

6 Tbsp. melted butter
3/4 c. sugar
1 c. coconut
1/2 c. chopped nuts
1/2 c. evaporated milk or cream
1/2 tsp. vanilla

Boil together for 2 minutes. Spread over hot cake.

SELF-FROSTED CAKE

Jan Cozart

1 1/3 c. flour
1 c. sugar
2 1/2 tsp. baking powder
3/4 tsp. salt
1/2 c. shortening
2/3 c. milk
2 eggs
1 tsp. vanilla

Topping:

1/2 c. chocolate syrup
1/2 c. warm water
1/3 c. sugar

In bowl, combine all ingredients except topping. Blend well and then beat 2 minutes. Spread batter in greased 2-quart casserole or 9- or 10-inch skillet. Spoon topping evenly over batter. Bake at 350° for 40-50 minutes. Cool 1-2 minutes and put on plate.

BANANA NUT CAKE

"Manor" Favorite

2 1/2 c. sifted cake flour
3 tsp. baking powder
1/4 tsp. salt
2/3 c. butter
1 1/2 c. sugar
3 eggs
2 bananas
1/2 c. buttermilk
1 c. nut meats
1 tsp. vanilla

Cream butter, sugar and egg yolks. Sift dry ingredients 3 times. Add to creamed mixture alternately with mashed bananas; add buttermilk, vanilla and nut meats. Fold in stiffly beaten egg whites. Bake at 350° for 30 minutes.

SOUR CREAM CHOCOLATE CAKE

Esther Huxman

1 c. flour
1 c. sugar
pinch salt
3 Tbsp. cocoa
1 tsp. soda
1 c. sour cream
2 eggs
1 tsp. vanilla

Bake in moderate oven (350°) for 25-35 minutes in a 13 x 9-inch pan.

CHOCOLATE SHEET CAKE

Minnie Colvin

2 c. sugar
2 c. flour
1/2 c. oleo
1/2 c. shortening
4 Tbsp. cocoa
1 c. water
1/2 c. buttermilk
2 eggs, slightly beaten
1 tsp. soda
1 tsp. cinnamon
1 tsp. vanilla

Sift sugar and flour into large mixing bowl. Combine oleo, shortening, cocoa and water in saucepan; bring to a rapid boil. Pour over sugar and flour mixture and mix well. Add remaining ingredients in order given and beat thoroughly. Pour into greased cookie sheet (15 x 10-inch). Bake at 400° for 20 minutes. Leave cake in pan.

Prepare icing before cake has finished baking.

Icing:

1/2 c. oleo
4 Tbsp. cocoa
6 Tbsp. milk
1 box powdered sugar
1 tsp. vanilla
1 c. pecans, chopped

Melt oleo; add cocoa and milk and bring to a boil. Remove from heat and add remaining ingredients. Beat well. Spread on cake while still warm.

EASY GERMAN CHOCOLATE CAKE

Elizabeth Jantz

3/4 c. butter or margarine
2 1/2 c. sugar
1 1/2 tsp. vanilla
3 eggs
1 1/2 c. ice water
1 pkg. German sweet chocolate
3 c. sifted flour
1 1/2 tsp. soda
3/4 tsp. salt

Cream butter, sugar, vanilla and eggs until light and fluffy. Blend in melted chocolate; add sifted dry ingredients alternately with ice water to chocolate mixture. Beat until well blended.

Bake in 3 (8-inch) layer pans or a 9 x 13-inch pan at 350° for 30-35 minutes.

OATMEAL CAKE — **"Manor" Favorite**

1 c. rolled oats
1 1/4 c. boiling water
1 c. sugar
1 c. brown sugar
1/2 c. margarine
2 eggs
1 1/3 c. flour, unsifted
1 tsp. soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 c. broken nut meats
1 tsp. vanilla

Stir oats in water; remove from heat and cover. Let stand 20 minutes.

Cream sugar, brown sugar, margarine and eggs. Add sifted dry ingredients and nut meats. Add vanilla. Bake at 350° for 30 or 40 minutes.

Topping:

6 Tbsp. oleo
1 c. brown sugar
1/4 c. canned milk
1/2 c. coconut
1/2 c. broken nut meats

Cook over low heat until it bubbles. Spread on baked cake. Return to oven until it bubbles again.

TURTLE CAKE — **Sadie Byler**

1 pkg. German chocolate cake mix
14 oz. pkg. Kraft caramels
1/2 c. evaporated milk
1/2 c. butter
1 c. chocolate chips
2 c. chopped pecans

Grease 13 x 9-inch cake pan. Prepare cake mix according to package directions. Pour 1/2 cake mix into bottom of pan. Bake 15 minutes at 350°.

Melt caramels, butter and milk in double boiler. Pour over top of baked cake. Sprinkle chocolate chips over this and 1 cup pecans over chocolate chips. Cover with remaining batter. Sprinkle with remaining nuts. Bake 20-25 minutes. Keep covered after cooled.

GERMAN CHOCOLATE CAKE

Elizabeth Jantz

1 pkg. German sweet chocolate
2 c. sugar
1/2 c. boiling water
4 eggs, well beaten
1 Tbsp. vanilla
1 c. buttermilk
pinch salt
2 1/2 c. cake flour
1 c. vegetable shortening
1 tsp. soda
4 egg whites, beaten

Melt chocolate in boiling water. Add vanilla and salt after chocolate is melted. Cream shortening and sugar. Add beaten egg yolks. Add 3/4 cup of the buttermilk alternately with the sifted flour. Dissolve soda in the remaining 1/4 of buttermilk. Add to creamed mixture. Stir in chocolate. Fold in egg whites.

Bake in 3 (9-inch) cake pans at 350° for 25-30 minutes.

Filling for German Chocolate Cake:

3 egg yolks
1/2 pt. whipping cream or evaporated milk
1 tsp. flour
1 stick butter or margarine
1 c. sugar
1/4 c. chopped pecans
1/8 tsp. salt
1 c. short-cut coconut
1 tsp. vanilla

Beat egg yellows and set aside.

Mix flour, sugar and salt; stir into the milk or cream. Add butter or margarine and cook on low heat until margarine is melted. Pour small amount over egg yolks; beat and beat. Add yolks to milk mixture. Add pecans and coconut. Cook until thick, stirring constantly. Remove from heat and add vanilla. Spread between layers and cover the cake with frosting.

FRESH APPLE CAKE

Merta Lakin

1/2 c. margarine
1 c. white sugar
1 c. brown sugar
2 eggs
1 c. buttermilk
1 tsp. vanilla
2 c. flour
1 tsp. soda
1/2 tsp. salt
1/2 tsp. cloves
1 c. chopped apples
1/2 c. chopped nuts

Cream margarine and sugars. Add eggs. Add buttermilk alternately with dry ingredients, which have been sifted together. Add apples and nuts. Pour into greased 9 x 13-inch pan. Bake for 35 minutes at 325°.

Topping:

2/3 c. sugar
3 egg yolks
1/2 c. margarine
1 c. raisins <u>or</u> dates
1/2 c. chopped nuts
1/2 c. coconut

Combine sugar, egg yolks and margarine in top of double boiler and cook until thick. Remove from fire and add remaining ingredients. Spread over cake.

ANGEL FOOD CAKE — **Irvin Nikkel**

1 c. sifted cake flour
7/8 c. sugar (granulated)

Measure this and sift 3 times.
Measure into large mixing bowl:

1 1/2 c. egg whites (12)
1 1/2 tsp. cream of tartar
1/4 tsp. salt
1 1/2 tsp. vanilla
1/2 tsp. almond extract

Beat with wire whip until foamy. Gradually add 2 tablespoons of sugar at a time until 3/4 cup of sugar has been used. Continue beating until meringue holds stiff peaks. Sift the flour and sugar mixture gradually into the meringue and fold in gently just until the flour-sugar mixture disappears. Push batter into ungreased 10-inch tube pan. Gently cut through batter with a knife. Bake at 375° for 30-35 minutes. When cake tests done, invert. Let hang until cold.

JIFFY CHOCOLATE CUPCAKES — **Elizabeth Jantz**

1 egg
1 tsp. vanilla
1/2 c. cocoa
1 tsp. soda
1/2 c. shortening
1 c. sugar
1 1/2 c. sifted cake flour
1/2 tsp. salt
1/2 c. sour milk
1/2 c. hot water

Combine ingredients in order given. Beat 4 minutes at medium speed with electric mixer.

Fill greased muffin tins 1/2 full. Bake at 375° for 15-20 minutes.

Makes 18 cupcakes.

DATE PINWHEELS

Ken Cozart's Favorite

5 c. flour
1 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. soda
3 eggs, slightly beaten
1 tsp. vanilla
1 c. shortening

2 c. brown sugar
1 c. water
1 c. sugar
1 Tbsp. butter
2 c. dates
1/4 c. nuts

Combine water, sugar, butter, dates and nuts; cook until thick. Set aside.

Cream shortening and sugar. Add eggs and vanilla. Stir in dry ingredients. Chill.

Divide into 2 parts. Roll out to 1/4-inch thickness. Spread 1/2 of date filling on each roll. Roll as for jelly roll. Slice 1/4-inch thick. Bake at 375° for 10-12 minutes.

SPANISH SALTED PEANUT COOKIES

Jan Cozart

2 c. brown sugar
3/4 c. shortening
4 Tbsp. sour cream
2 eggs, well beaten
2 c. flour
2 c. corn flakes
2 c. oatmeal

1 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
1 c. chopped peanuts
1 tsp. vanilla
1 tsp. cinnamon

Cream sugar and shortening thoroughly. Add sour cream and eggs. Mix well. Add vanilla. Sift together dry ingredients. Add to creamed mixture. Stir in corn flakes, oatmeal and peanuts. Mix well. Drop from teaspoon onto greased cookie sheet.

Bake at 375° for 10-12 minutes.

GINGER SNAPS

Alice Unruh

3/4 c. shortening
1 c. brown sugar
1 egg, unbeaten
1/4 c. molasses
2 c. sifted flour

1/4 tsp. salt
2 tsp. baking powder
1 tsp. ginger
1 tsp. cinnamon
1 tsp. cloves

Cream shortening; add sugar. Add egg and molasses; beat well. Sift dry ingredients together and add. Mix well. Chill dough. Shape into 1-inch balls. Roll in sugar. Place on greased cookie sheet.

Bake at 350° for 15-20 minutes.

UNBAKED COOKIES

Jan Cozart

2 squares chocolate, shredded
1 c. evaporated milk
2 c. sugar
1/4 tsp. salt
1 Tbsp. butter
24 marshmallows, diced
1 tsp. vanilla
3 c. graham crackers
1 c. nuts

Combine chocolate and milk; heat over low heat until melted. Add sugar and salt; stir until dissolved. Cook to soft ball stage. Add butter and cool some. Add marshmallows, nuts, vanilla and crackers last. Press into greased pan. Cool. Chill 8 hours before using.

MONSTER COOKIES

Jan Cozart

Preheat oven to 350°.

12 eggs
2 lbs. brown sugar
4 c. white sugar
1 Tbsp. vanilla
1 Tbsp. syrup
8 tsp. soda
1 lb. butter (do not substitute margarine)
3 lbs. peanut butter
18 c. oatmeal (old fashioned)
1 lb. chocolate chips
1 lb. M & M's

Mix in dishpan in the order given. Drop by large tablespoons or ice cream scoop and flatten. Place about 6 to a cookie sheet.

Bake 12 minutes. Do not overbake! (No flour is used.)

QUICK OATMEAL COOKIES (NO-BAKE)

Jan Cozart

2 c. sugar
3/4 c. butter
1/2 c. milk
3/4 c. peanut butter
4 c. Minute Oats
1 tsp. vanilla

Mix together sugar, butter and milk. Boil for 1 minute. Add peanut butter and oats. Drop by spoonfuls on waxed paper.

MOLASSES HERMITS
(Molasses Jar)

Jan Cozart

2 c. oleo
1/2 c. sugar
1/2 c. molasses
2 eggs
2 c. flour
1/2 tsp. salt
1/4 tsp. soda
2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. cloves
1/4 tsp. mace
1/4 tsp. nutmeg
1/8 tsp. allspice
3/4 c. raisins
1/4 c. nuts
1/2 c. dates

Cream butter and sugar. Add molasses and eggs. Add remaining dry ingredients. Mix. Stir in raisins, nuts and dates.

Place mixture in a 12 x 8-inch pan. Bake at 375° for 30 minutes.

AMISH OATMEAL COOKIE

Madalene Koehn

1 c. shortening
1 c. brown sugar
1 c. white sugar
1 tsp. vanilla
2 eggs
1 1/2 c. flour
1 tsp. soda
1/2 tsp. salt
3 c. old-fashioned oatmeal

Mix in order given. Bake at 375° for 10-12 minutes.

MOLASSES SUGAR COOKIES

"Manor" Favorite

Preheat oven to 350°.

3 c. shortening
4 c. (1 qt.) sugar
1 c. molasses
4 eggs
8 c. (2 qts.) flour
4 tsp. (1 Tbsp. plus 1 tsp.) soda
2 tsp. cloves
1 tsp. ginger
4 tsp. (1 Tbsp. plus 1 tsp.) cinnamon
2 tsp. salt

Mix thoroughly shortening, sugar, molasses and eggs. Add flour, soda, cloves, ginger, cinnamon and salt. Mix well.

Use No. 40 dipper to dip cookie dough into a small bowl of sugar. Roll each cookie in sugar and place on greased cookie sheet 2 1/2 inches apart. Bake 8-10 minutes or until center of cookie is set.

PEANUT BLOSSOMS

"Manor" Favorite

1 c. shortening
1 c. peanut butter
1 c. brown sugar
1 c. granulated sugar
2 eggs
3 c. flour
1/2 tsp. salt
2 tsp. soda
1 tsp. baking powder
1 tsp. vanilla
1 pkg. chocolate candy kisses

Cream shortening and peanut butter; add sugar and beat well. Add eggs and vanilla; beat until fluffy. Sift flour; measure. Add salt, soda and baking powder; sift again. Gradually add sifted dry ingredients to creamed mixture and mix thoroughly. Chill for several hours in refrigerator. Shape dough into balls 1-inch in diameter. Place balls 2-3 inches apart on greased baking sheet. Bake at 375° for 8 minutes. Remove from oven and press a chocolate kiss in the center of each cookie. Return to oven and bake for 4 minutes more.

Makes 7 dozen.

MYRTISE TOEVS' BUTTERMILK COOKIES

John Toevs

3/4 c. shortening or margarine
1 1/2 c. sugar
2 eggs, beaten
1 c. buttermilk
3 1/2 - 4 c. sifted all-purpose flour
1 tsp. lemon extract
1 tsp. soda
4 tsp. baking powder
1 tsp. salt

Mix and chill dough. Roll out and slice or drop by small teaspoonfuls onto greased baking sheet. Bake at 375° F. for 8-10 minutes or until done.

SUGAR COOKIES

Esther Koehn

1 c. brown sugar
1 c. white sugar
1 c. shortening
2 eggs
2 tsp. soda
2 tsp. cream of tartar
3 c. flour
1 tsp. vanilla

Mix shortening and sugars. Add eggs and beat. Add vanilla, then dry ingredients. Chill well. Make into balls. Roll in sugar. Bake on ungreased cookie sheet at 375° for 10 minutes.

CHOCOLATE CHIP COOKIES WITH OATMEAL

Doris Voth

Sift 1 1/2 cups flour once. Add:

1 tsp. soda
1 tsp. salt

Cream 1 cup shortening until soft. Add gradually:

3/4 c. brown sugar
3/4 c. white sugar

Add 2 unbeaten eggs, 1 at a time, beating after each one. Add 1 tablespoon hot water. Add dry ingredients and:

1 c. nuts
2 c. oatmeal
1 (14 oz.) pkg. chocolate chips

Blend well. Add 1 teaspoon vanilla. Drop by teaspoon on greased cookie sheet.

Bake for 8 minutes at 375°.

BROWN SUGAR COOKIES

Marla Schmidt

1/2 c. brown sugar
1/2 c. granulated sugar
1 c. butter
1 egg
1 tsp. vanilla
2 c. sifted flour
1/2 tsp. soda
1 tsp. salt
1/2 c. finely ground pecans <u>or</u> walnuts

Cream brown sugar, sugar and butter together. Blend in egg and vanilla. Beat well. Combine dry ingredients, adding finely ground nuts (optional; could be omitted). Add flour mixture to creamed mixture and mix well by hand. Chill for 20 mintues.

Shape dough into balls the size of quarters and roll in sugar. Place on ungreased baking sheet. Press flat with bottom of glass. Bake for 10-20 minutes in 350° F. oven.

Top with the following frosting.

Makes about 70 cookies.

Frosting:

1 c. brown sugar
1/2 c. cream

Boil together for 4 minutes, stirring constantly. Remove from heat and blend in 1 cup powdered sugar. Beat until smooth.

OATMEAL SUGAR COOKIES

Esther Koehn

1 c. sugar
1 c. brown sugar
1 c. shortening
2 eggs
3 c. oatmeal
1 1/2 c. flour
1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. cinnamon
1 tsp. vanilla

Cream sugars and shortening. Add eggs. Sift dry ingredients. Combine. Stir in oatmeal. Form into balls. Roll in sugar.

Bake at 350° about 11 minutes.

OATMEAL CRISPIES

"Manor" Favorite

2 c. shortening
2 c. brown sugar
2 c. white sugar
4 eggs
2 tsp. vanilla
4 c. flour
2 tsp. salt
2 tsp. soda
3 c. oatmeal
1 c. chopped nuts

Preheat oven to 375°.

Cream shortening, brown sugar and white sugar. Add eggs and vanilla. Mix thoroughly.

Add flour, salt, soda, oatmeal and nuts. Mix thoroughly.

Form into rolls about 1 1/2-inches in diameter. Chill overnight. (Rolls may be frozen for later use.)

Slice 1/4-inch thick. Place on greased cookie sheet about 1 1/2 inches apart.

Yields 6 dozen cookies.

OATMEAL SCOTCHIES

"Manor" Favorite

1 lb. soft butter
3 c. brown sugar
4 eggs
2 Tbsp. water
1 tsp. vanilla
4 c. flour (1 qt.)
2 tsp. baking soda
4 tsp. baking powder
2 tsp. salt
3 c. uncooked oatmeal
2 (12 oz.) pkgs. butterscotch chips

Preheat oven to 375°.

Mix thoroughly butter, brown sugar, eggs, water and vanilla. Add flour, baking powder, soda, salt and oatmeal. Stir in chips.

Use No. 40 dipper to dip cookies onto greased cookie sheet placing 2 1/2 inches apart. Bake at 325° for 8-10 minutes or until done.

Yields 8 dozen.

AMISH SUGAR COOKIES

"Manor" Favorite

2 c. sugar
2 c. margarine (1 lb.)
2 c. powdered sugar
2 c. cooking oil
4 eggs
2 tsp. vanilla
2 tsp. soda
2 tsp. cream of tartar
9 c. (2 qts. plus 1 c.) flour

Combine sugar, margarine, powdered sugar and oil. Add eggs and vanilla. Beat well.

Stir in soda, cream of tartar and flour. Mix well.

Using No. 40 dipper drop onto ungreased cookie sheet. Flatten slightly with a glass dipped in sugar. Bake at 325° for 8-10 minutes or until edges are slightly golden. Yield 7 dozen.

GRANDMOTHER'S OLD-FASHIONED OATMEAL COOKIES - #1

"Manor" Favorite

2 c. raisins
6 eggs
2 tsp. vanilla
2 c. shortening
2 c. brown sugar
2 c. sugar
5 c. flour
4 tsp. (1 Tbsp. plus 1 tsp.) soda
1 1/2 tsp. salt
2 tsp. cinnamon
4 c. oatmeal
1 c. chopped nuts (optional)

Soak raisins in eggs and vanilla for 1 hour.

Cream shortening, brown sugar and sugar. Add to raisins. Add flour, soda, salt and cinnamon. Mix well. Stir in oatmeal and nuts.

Using No. 40 dipper form dough into balls. Place on greased cookie sheet, 2 inches apart. Flatten with glass which has been dipped in sugar. Bake at 350° for 10-12 minutes. DO NOT OVERBAKE! Yields 6 dozen.

GRANDMOTHER'S OLD-FASHIONED OATMEAL COOKIES - #2

"Manor" Favorite

1 c. raisins
3 eggs
1 tsp. vanilla
1 c. shortening
1 c. brown sugar
1 c. white sugar
2 1/2 c. flour
2 tsp. soda
3/4 tsp. salt
1 tsp. cinnamon
2 c. oatmeal
1/2 - 1 c. chopped nuts

Soak first 3 ingredients for 1 hour; cream next 3 and add to egg mixture. Add next 4 ingredients and mix well. Add oatmeal and nuts. Roll in balls; dip glass in sugar and press. Bake in 350° oven for 10-12 minutes. Don't overbake!

MOLASSES SUGAR COOKIES

"Manor" Favorite

(Sometimes called "Dusty Miller Cookies")

1 1/2 c. shortening
2 c. sugar
1/2 c. molasses
2 eggs
2 tsp. baking soda
4 c. sifted all-purpose flour
1 tsp. cloves
1/2 tsp. ginger
2 tsp. cinnamon
1 tsp. salt

Place all ingredients into a large mixing bowl and mix well. Form into 1-inch balls. Roll in granulated or powdered sugar and place 2 inches apart on cookie sheet. Bake at 350° for 8-10 minutes.

GRASS ROOT DREAM COOKIES

"Manor" Favorite

1/2 c. margarine
1/2 c. granulated sugar
1/2 c. brown sugar, firmly packed
1 egg
3/4 tsp. vanilla
1 c. sifted flour
1 tsp. baking powder
1/4 tsp. soda
1/4 tsp. salt
1/2 c. rolled oats
1 c. corn flakes
1/2 c. coconut

Cream together margarine, brown sugar and white sugar. Add egg and vanilla; mix until smooth. Sift flour, baking powder, soda and salt together; add to creamed mixture. Stir in rolled oats, corn flakes and coconut. Drop from teaspoon onto lightly greased cookie sheet. Bake at 325° for 12-15 minutes.

Makes 5 dozen crisp 2-inch cookies.

ANGEL COOKIES

Jan Cozart

1/2 c. butter
1/2 c. shortening
1/2 c. brown sugar
2 c. flour
1 tsp. soda
nuts, if desired
1/2 c. white sugar
1 egg
1 tsp. vanilla
1 tsp. cream of tartar
1/2 tsp. salt

Mix as any cookie. Chill dough. Roll in balls; dip in water and roll in sugar. Bake at 350°.

MOCK OREO COOKIES

Sadie Byler

2 pkgs. devil's food cake mix (without pudding)
1 1/2 c. oleo
4 eggs

Beat until mixed. Roll into small balls (nibble-size).

Bake on ungreased cookie sheet for 9 minutes at 350°. Remove from sheet after 1 minute. Cookies look under-done.

Filling:

8 oz. cream cheese, softened
1/4 c. butter or oleo
1 lb. powdered sugar
2 tsp. vanilla

Mix together and put filling between 2 cookies.

CHOCOLATE DROP COOKIES

Jan Cozart

1/2 c. butter
1 c. brown sugar
2 squares chocolate, melted
2 eggs, beaten
1/4 tsp. vanilla
1 1/2 c. flour
1 tsp. cinnamon
1/4 tsp. salt
1/2 tsp. soda
1/2 c. milk
1 c. nut meats
1 c. raisins or dates

Cream butter and sugar. Add chocolate, eggs and vanilla. Mix. Add dry ingredients, alternating with milk. Blend. Add nuts and fruit. Drop on greased cookie sheet. Bake at 350° for 12-15 minutes.

ORANGE SLICE COOKIES

Jan Cozart

14 orange slices, cut fine
1/2 c. margarine
2 c. brown sugar
4 eggs, well beaten
2 c. flour
pinch salt
1 tsp. baking powder
1 tsp. vanilla

Bake 15 minutes at 350°.

CRISPY DATE COOKIES

Jan Cozart

1 c. margarine
1 c. sugar
2 eggs, slightly beaten
1 pkg. (1 lb.) pitted dates, cut
2 Tbsp. vanilla
4 c. Rice Krispies

Melt margarine in skillet. Add sugar, eggs and cut dates. Simmer about 5 minutes, stirring constantly. Cool to lukewarm.

Add vanilla and Rice Krispies. Mix well. Form into small balls,

about 1 1/4-inches in diameter. Roll cookies in chopped pecans or coconut if desired.

Makes 6 dozen.

SOFT MOLASSES COOKIES

Luella Schmidt

2 1/4 c. sifted all-purpose flour
2 tsp. baking soda
1 tsp. ginger
1 tsp. cinnamon
1/4 tsp. salt
1/2 c. shortening
1/2 c. sugar
1 egg, unbeaten
1/2 c. unsulphured molasses
1/2 c. water

Sift flour, soda, ginger, cinnamon and salt together. Cream shortening and sugar until light and fluffy. Add egg and molasses to creamed mixture, mixing well. Add dry ingredients alternately with water, beginning and ending with dry ingredients.

Drop by heaping spoonfuls on ungreased cookie sheet. Bake in moderate oven (375° F.) for 8-10 minutes.

Makes 2 dozen cookies.

UNBAKED PEANUT BUTTER BARS

"Manor" Favorite

1/2 c. margarine
1 c. peanut butter
2 c. butterscotch chips
1 (10 1/2 oz.) pkg. miniature marshmallows
1 c. flaked coconut, divided
3/4 c. chopped walnuts

Melt margarine, peanut butter and chips over low heat, stirring constantly. Cool slightly; stir in marshmallows, 3/4 cup coconut and nuts. Spoon into buttered 9 x 13-inch pan. Sprinkle with remaining coconut. Refrigerate until firm. Cut in 1 x 2-inch bars.

Yields 52 pieces.

7-LAYER COOKIES

Jan Cozart

1/4 lb. butter
1 c. crushed graham crackers
1 c. flaked coconut
1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips
1 can Eagle Brand milk
1 c. chopped pecans

Melt butter in 9 x 13-inch pan. Sprinkle rest of ingredients in order given.

Bake at 350° for 30-40 minutes.

NO-BAKE BROWNIES
Jan Cozart

2 (6 oz.) pkgs. chocolate chips
1 c. evaporated milk

Put chips and milk into heavy 1-quart saucepan. Stir over low heat until chocolate melts and mixture is smooth. Remove from heat.

Mix well in 3-quart bowl:

3 c. crushed vanilla wafers
2 c. mini marshmallows
1 c. chopped nuts
1 c. powdered sugar
1/2 tsp. salt

Reserve 1/2 cup of the chocolate mixture for glaze. Stir the rest into crumb mixture until well blended. Spread in well-greased 9-inch cake pan.

Stir 2 teaspoons evaporated milk into 1/2 cup chocolate mixture until smooth. Spread over mixture in pan. Chill.

MYRTISE TOEVS' DATE BARS
John Toevs

1 3/4 c. pitted dates, chopped
3 eggs
1 c. sugar
1 c. sifted all-purpose flour
1/2 tsp. salt
1 tsp. baking powder
1 c. chopped walnuts

Cut dates into small pieces. Beat the eggs. Add sugar to eggs and continue beating until light and lemon-colored. Add sifted dry ingredients. Add dates and mix well. Spread into shallow greased pan and bake at 325° F. for 30-40 minutes. When cool cut in bars, roll in sugar and store in tightly-covered tin box.

BLARNEY STONES
Jan Cozart

3 eggs, separated
1 c. flour
1/4 tsp. salt
1/2 tsp. vanilla
1 c. sugar
1 1/3 tsp. baking powder
1/2 c. boiling water

Beat 2 yolks until lemon-colored. Add sugar gradually; beat until mixture is creamy. Sift dry ingredients. Add alternately with boiling water. Add vanilla. Fold in stiffly beaten egg whites. Pour into ungreased cake pan. Bake 30 minutes at 350°. Let cool. Cut into 2-inch squares, then frost on all sides with frosting and roll in crushed salted peanuts.

Frosting:

1/2 c. butter
1 egg yolk
2 1/4 c. powdered sugar
1 tsp. vanilla
1/2 lb. salted peanuts

Cream butter, yolk and sugar together. Add vanilla. Beat until smooth.

SPELL-BREAKER CANDY SQUARES — **Jan Cozart**

2 (6 oz.) pkgs. (2 c.) semi-sweet chocolate or butterscotch pieces
2-3 c. sweetened condensed milk
1 tsp. vanilla
1/8 tsp. salt
3/4 c. quick or old-fashioned oats, uncooked
1-3 c. chopped nut meats
1/4 c. flaked or shredded coconut

Melt chocolate or butterscotch pieces over hot (not boiling) water. Add remaining ingredients and blend thoroughly. Spread in greased 8-inch square pan. Chill until firm. Cut into squares.

Makes 36 squares.

COCONUT CHOCOLATE MERINGUE BITES — **"Manor" Favorite**

3/4 c. butter
1/2 c. brown sugar
1/2 c. white sugar
3 eggs, separated
1 tsp. vanilla
2 c. flour
1 tsp. baking powder
1/4 tsp. soda
1/4 tsp. salt
1 (6 oz.) pkg. chocolate chips
1 c. coconut
3/4 c. nuts
1 c. brown sugar

Cream butter, 1/2 cup brown sugar, white sugar, egg yolks and vanilla. Beat thoroughly. Blend dry ingredients; stir in. Spread dough in 9 x 13-inch pan. Sprinkle with chocolate chips, coconut and nuts. Beat egg whites, adding 1 cup brown sugar gradually, beating until stiff. Spread over nuts. Bake in 350° oven for 35 minutes.

Yields 40 bars.

CONGO SQUARES

"Manor" Favorite

2 3/4 c. flour
2 1/2 tsp. baking powder
1/2 tsp. salt
2/3 c. shortening (melted or liquid)
2 1/4 c. brown sugar
3 eggs
1 c. chopped nuts
1 c. chocolate chips

Cream shortening and brown sugar. Add eggs 1 at a time, beating well after each addition. Add dry ingredients, nuts and chocolate chips. Pour onto greased cookie sheet (10 x 15-inch). Bake at 350° for 25-30 minutes. When cool cut into squares.

Yields 48 squares.

MARBLE SQUARES

"Manor" Favorite

2 1/4 c. flour
1 tsp. soda
1 tsp. salt
1 c. shortening
2 eggs, beaten
3/4 c. white sugar
3/4 c. brown sugar, firmly packed
1 tsp. vanilla
1/2 tsp. water
1 (6 oz.) pkg. semi-sweet chocolate chips

Cream shortening and sugars; add eggs, vanilla and water. Sift together flour, soda and salt. Add to creamed mixture; mix well. Spread dough into greased 13 x 9 x 2-inch pan. Sprinkle chocolate chips over top. Place in 375° oven for 1 minute. Remove from oven and run knife through batter to marbelize. Return to oven and bake at 375° for 12-14 minutes. Cool; cut into 2-inch squares.

Yields 4 dozen.

TRICKSTERS TREATS

Jan Cozart

1/2 c. light corn syrup
1/4 c. sugar
1 (3 oz.) pkgs. fruit flavor gelatin (any flavor)
3/4 c. salted peanuts or 3/4 c. raisins
4 c. alphabet oat cereal

Combine syrup, sugar and gelatin in a saucepan and stir until blended. Cook over low heat until sugar and gelatin are thoroughly dissolved, about 2-3 minutes.

Combine peanuts and cereal in a bowl. Add gelatin mixture and mix well. Let stand until cool enough to handle. Moisten fingers in cool water and form mixture into 1-inch balls, pressing firmly together. Place on waxed paper to dry.

Makes about 30 balls.

MYRTISE TOEVS' CHRISTMAS PEPPERNUTS

John Toevs

3 c. sifted all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. soda
1/2 c. shortening or lard
1 c. sugar
1 egg, beaten
1/2 c. sweet cream
1/2 tsp. vanilla or 1/2 tsp. lemon extract
1/2 tsp. cinnamon
star anise, ground
nuts and dates, chopped

Bake in hot oven.

PEPPER NUTS

Eva Smith

3 c. sugar
1/2 c. butter
1/2 c. lard
1 c. sweet cream
1 c. syrup
1 c. molasses
2 eggs
1/4 lb. almonds, chopped
1/4 tsp. nutmeg
1/4 tsp. cloves
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. anise oil
1/2 tsp. black pepper
1/2 tsp. coriander seed
2 tsp. soda
7 c. flour (or more) to make stiff dough

Cream butter, lard and sugar. Add syrup and molasses. Beat in eggs. Stir in remaining ingredients. Chill dough overnight in refrigerator.

Form into 1/2-inch rolls. Chill again.

Cut in small pieces. Bake in 325° oven for 20 minutes. Cool. Keep in glass containers in cool place.

SPEEDY CARAMEL FROSTING

"Manor" Favorite

1/2 c. butter or margarine
1 c. brown sugar, firmly packed
1/4 tsp. salt
1/4 c. milk
2 1/2 c. sifted powdered sugar
1/2 tsp. vanilla

Melt butter; blend in brown sugar and salt. Cook over low heat 2 minutes, stirring constantly. Add milk; continue stirring until mixture comes to a boil. Remove from heat. Blend in powdered sugar gradually; add vanilla and mix well. Thin with small amount of cream if necessary. Add nuts if desired.

TOEVS' FAMILY PEPPERNUTS

John Toevs

Peppernuts have long been part of the Christmas baking tradition in Mennonite homes. This recipe probably was brought from Alexanderwohl, a village in the Molotschna colony of South Russia by John Toevs' grandmother, Helena Pankratz Hiebert. These peppernuts were also made by his mother and sister, Helen Jost, who continued the family tradition. The use of black pepper among the various spices indicates that it is an old recipe, which may have undergone some changes through the years.

2 c. brown sugar
1 egg
1 tsp. baking powder
1 tsp. black pepper
1 tsp. cinnamon
1 tsp. nutmeg
1 c. dark sorgum*
1 c. white sugar
1 c. lard
1 c. buttermilk or black coffee
1/4 tsp. salt

Warm sugar, molasses and lard, buttermilk or coffee; add the remaining ingredients, using enough flour to make a stiff dough, like bread dough. Refrigerate overnight. Roll into ropes about 1/2-inch in diameter and slice in pieces about 1/4-inch thick. Place on greased baking sheet and bake 8-10 minutes at 350° F. or until golden brown.

*(The Mennonites in South Russia used watermelon syrup in many of their recipes for part or all of the sweetener in their baked goods. Watermelons grew profusely in the good soil and favorable climate. Watermelon syrup was made in almost every home until they came to the U.S. where the practice did not continue. Molasses and sorgum were used instead.)

BUTTER SAUCE

"Manor" Favorite

1 1/2 c. margarine
1 1/2 c. evaporated milk
3 c. sugar
1 Tbsp. vanilla

Mix all ingredients together in saucepan and boil for 1 1/2 minutes.

This makes a thin sauce that can be served over cake.

CARAMEL PECAN SAUCE

"Manor" Favorite

3 3/4 c. (1 1/2 lbs.) brown sugar
3 c. (1 1/2 pt.) half & half
3/4 lb. marshmallows
1/2 tsp. salt
3/4 c. (6 oz.) margarine
1 Tbsp. vanilla
1 1/2 c. (5 oz.) chopped pecans

Combine sugar, half & half, marshmallows and salt. Heat, stirring constantly, until mixture comes to boiling point. Cook over medium heat to 224° (about 8-10 minutes). Remove from heat; add margarine. Cool slightly. Add vanilla and pecans. Serve warm.

Yields 6 cups sauce.

Write your extra recipes here:

Write your extra recipes here:

DESSERTS

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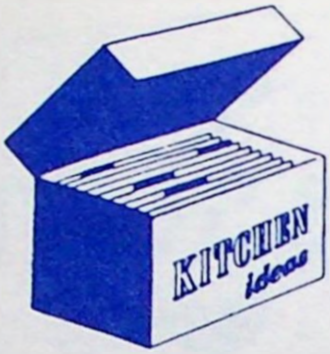


A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

COCONUT DESSERT

Jan Cozart

Layer 1:

1 c. flour
2 Tbsp. sugar
1/2 c. oleo
1/2 c. nuts

Mix and press in 9 x 13-inch pan. Bake 15 minutes at 325°. (Cool.)

Layer 2:

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
1 c. Cool Whip

Mix and spread on crust.

Layer 3:

2 boxes instant coconut cream pudding
3 c. milk

Let thicken and spread over cream cheese mixture.

Layer 4: Spread thin layer of Cool Whip over pudding. Top with coconut and nuts.

For chocolate dessert: Use 1 box of vanilla and 1 box of fudge chocolate instead of the coconut cream. Grate chocolate bar on top.

CHERRY DESSERT

Linda Koehn

20-25 graham crackers
1/2 c. sugar
1 stick oleo

Crush crackers and mix well. Pat into a 9 x 12-inch pan.

1 (8 oz.) pkg. cream cheese
1/4 c. milk
1 c. sugar
1 (8 oz.) carton whipped topping
1 can cherry pie filling

Blend cream cheese, milk and sugar well. Fold in whipped topping and spread on top of cracker crumb mixture. Chill several hours. Before serving top with cherry pie filling.

APPLE DESSERT

Susie Koehn
(Mrs. David J. Koehn)

3/4 c. sugar
1 c. water
1 1/2 c. diced apples
1 c. biscuit mix
2 Tbsp. sugar
1/2 c. cream or evaporated milk
cinnamon
sugar
1 Tbsp. butter or margarine

Combine 3/4 cup sugar and water; cook 5 minutes. Add apples and cook until tender.

Mix biscuit mix with 2 tablespoons sugar and cream or evaporated milk. Drop batter by spoonfuls into baking pan. Pour hot apple syrup mixture over dough. Sprinkle with cinnamon and sugar and dot with butter. Bake at 450° F. for about 20 minutes. Serve warm or cold.

LEMON KRAKLE

Brenda Juhnke

3/4 c. butter
1 1/2 c. flour
15 soda crackers, rolled fine
3/4 c. brown sugar
1 1/2 c. coconut
3/4 tsp. soda
1 1/2 c. water
3 eggs, beaten
3 lemons or 1/2 c. ReaLemon
1 1/2 c. sugar
3 Tbsp. cornstarch
3/4 tsp. vanilla

Mix all at once butter, flour crackers and brown sugar. Add coconut and soda. Take out 1 1/2 cups. Put in 9 x 13-inch pan, pressing down.

Make filling by mixing remaining ingredients. Cook until thick. Cool slightly. Pour filling over crumbs. Top with reserved crumbs. Bake 25-30 minutes at 325° - 350°. Top with Cool Whip or ice cream.

STRAWBERRY YUM YUM

Zelda Johnson

3 c. flour
1 c. margarine
3/4 c. brown sugar
1 1/2 c. nuts, chopped
3 egg whites
1 Tbsp. lemon juice
2 1/4 c. sugar
1 c. strawberries
1 pt. whipped topping

Mix flour, butter, brown sugar and nuts well. Press into cake pan. Bake for 10 minutes. Cool and break into crumbs.

Using large mixer bowl, combine egg whites, lemon juice, sugar and strawberries. Beat at medium speed 15-20 minutes. Fold in whipped topping.

Put 1/2 of crumbs on bottom of pan. Spread strawberry mixture on top of crumbs. Top with remaining crumbs. Freeze. Serve frozen.

FRUIT TAPIOCA — **"Manor" Favorite**

1/2 c. Minute tapioca
1 c. sugar
5 c. fruit juice <u>or</u> water
1 (3 oz.) pkg. strawberry jello

Combine tapioca, sugar and juice. Cook over low heat, stirring constantly, until tapioca is clear. Remove from heat. Add jello. Stir until dissolved. Allow mixture to cool.

1 pt. strawberries, fresh <u>or</u> frozen
1 c. pineapple chunks, drained
1 small can fruit cocktail, drained
3 bananas, sliced

Add fruit to cooled mixture before serving.

<u>Note:</u> For variation, use orange jello instead of strawberry jello and peaches instead of strawberries.

ICE CREAM CRUNCH — **"Manor" Favorite**

2 1/2 c. Rice Krispies
1/2 c. melted margarine
1 c. coconut
1/2 c. chopped nuts
1 c. brown sugar
1 qt. vanilla ice cream

Combine cereal, margarine, coconut, nuts and brown sugar. Mix well. Press 1/2 of mixture in bottom of a 13 x 9-inch pan. Spread with softened ice cream. Top with remaining cereal mixture. Freeze until firm. Cut into squares.

PRUNE AND RAISIN MOUSSE — **Irvin Nikkel**

3/4 c. raisins
1/4 c. prunes
2/3 c. sugar
2 c. water <u>or</u> enough so fruit will be covered when done
2 Tbsp. flour
1/2 c. sweet cream
1 c. milk

Cook raisins and prunes until tender. Make thickening of flour and a little water. Add cream and cinnamon (optional) and also milk to fruit, stirring constantly. Bring to boiling; add sugar. Let cool. Buttermilk may be added instead of milk.

PRUNE AND RAISIN MOUSSE

"Manor" Favorite

2 c. Pasteurized cultured buttermilk
3/4 c. raisins
1/2 c. prunes
2/3 c. sugar
2 Tbsp. flour
1/2 c. sweet cream
2 c. water or enough so fruit will be covered when done

Cook raisins and prunes until tender. Make thickening of flour and a little water. Add cinnamon and cream; add to fruit, stirring constantly. Bring to boiling; add sugar. Let cool. Add buttermilk. (For smooth texture, do not cook the buttermilk.)

HOMEMADE ICE CREAM

Kenneth Smith

1 large box vanilla instant pudding
6 eggs
3 c. sugar
1/8 tsp. salt
1 1/2 Tbsp. vanilla
1 1/2 pts. half & half

Fill container with milk. Delicious!
Makes 6 quarts.

SOUTHERN PEACH ICE CREAM
(Plain or Philadelphia type)

Jan Cozart

2 qts. fresh peach puree
juice of 2 lemons
1 tsp. almond flavoring
1 pt. whipping cream, not whipped
1 c. half & half cream
sweeten to taste (approximately 2 1/2 c. sugar)

Make peach puree by selecting ripe peaches; wash well, peel if desired, but not necessary, pit and place chunks in an electric blender. Whirl until peaches are puree. Or, peaches could be forced through a food blender. Mix all ingredients, being sure sugar is dissolved. Pour into the freezing can of the ice cream freezer and freeze according to manufacturer's instructions.

Makes approximately 4 quarts.

ONE-BOWL JELLY ROLL

Bernice Becker

1 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
1/3 c. hot water
3 eggs
1 c. sugar
1 tsp. vanilla

Sift together flour, baking powder and salt. Break eggs in large bowl. Beat at high speed until lemon-colored. Add sugar, a tablespoon at a time. Add vanilla. Reduce speed to slow and add dry ingredients to egg mixture, beating only until blended. Add hot water all at once. Beat to a smooth batter. Spread evenly in greased waxed paper-lined jelly roll pan. Bake at 375° for 12-13 minutes. Loosen cake carefully from sides of pan. Sift 2 tablespoons powdered sugar over cake. Cover with towel and turn out immediately.

Remove waxed paper. Quickly turn crisp edges of cake with a sharp knife. Roll cake and towel together. Cool on rack. Unroll and fill.

Variation: For cocoa roll use 3/4 cup flour and 1/4 cup cocoa.

Write your extra recipes here:

Write your extra recipes here:

PRESERVES
JELLY · JAM
CANDY

© ardi ORIGINALS

WEIGHTS AND MEASURES

AVOIRDUPOIS

1 pound = 16 ounces
1 hundredweight = 100 pounds
1 ton = 20 hundredweight = 2000 pounds
1 long ton = 2240 pounds

APOTHECARIES

1 scrupple = 20 grains
1 dram = 3 scruples
1 ounce = 8 drams
1 pound = 12 ounces

EQUIVALENT VALUES

1 square mile = 640 acres = 102,400 square rods = 3,097,600 square yards
1 square mile = 27,878,400 square feet = 4,014,489,600 square inches

Inches		Feet		Yards		Rods		Furlongs		Miles
36	=	3	=	1						
198	=	16.5	=	5.5	=	1				
7,920	=	660	=	220	=	40	=	1		
63,360	=	5280	=	1760	=	320	=	8	=	1

METRIC

1 centigram = 10 milligrams
1 decigram = 10 centigrams
1 gram = 10 decigrams
1 dekagram = 10 grams
1 hektogram = 10 dekagrams
1 kilogram = 10 hektograms
1 metric ton = 1000 kilograms
1 kilogram = 2.20 pounds
1 pound avoirdupois = 0.45 kilogram

(English Units)

LINEAR MEASURE

1 foot = 12 inches
1 yard = 3 feet
1 rod = 5½ yards = 16½ feet
1 mile = 320 rods = 1760 yards = 5280 feet
1 nautical mile = 6080 feet
1 knot = 1 nautical mile per hour
1 furlong = ⅛ mile = 660 feet = 220 yards
1 league = 3 miles = 24 furlongs
1 fathom = 2 yards = 6 feet
1 chain = 100 links = 22 yards
1 link = 7.92 inches
1 hand = 4 inches
1 span = 9 inches

SQUARE MEASURE

1 square foot = 144 square inches
1 sq. yard = 9 sq. feet
1 sq. rod = 30¼ sq. yards = 272¼ sq. inches
1 acre = 160 sq. rods = 43560 sq. feet
1 sq. mile = 640 acres = 102400 sq. rods
1 sq. rod = 625 square links
1 sq. chain = 16 square rods
1 acre = 10 square chains

CUBIC MEASURE

1 cubic foot = 1728 cubic inches
1 cubic yard = 27 cubic feet
1 register ton (shipping measure) = 100 cu. feet
1 U.S. shipping ton = 40 cubic feet
1 cord = 128 cubic feet
1 perch = 24¾ cubic feet
1 cubic yard = 27 cu. feet = 46656 cu. inches
1 U.S. liquid gallon = 4 quarts = 231 cu. inches
1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
1 board foot = 144 cubic inches

DRY MEASURE

2 pints = 1 quart
8 quarts = 1 peck
4 pecks = 1 bushel
1 bushel = 4 pecks
32 quarts = 64 pints
U.S. bushel = 2,150.42 cubic inches
British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

1 centimeter = 10 millimeters
1 decimeter = 10 centimeters
1 meter = 10 decimeters
1 dekameter = 10 meters
1 hektometer = 10 dekameters
1 kilometer = 10 hektometers
1 inch = 2.54 centimeters
1 meter = 39.37 inches
1 yard = 0.914 meter
1 mile = 1609 meters = 1.61 kilometers

SQUARE MEASURE

1 square centimeter = 100 square millimeters
1 square decimeter = 100 square centimeters
1 sq. meter = 100 sq. decimeters = 1 centar
1 ar = 100 centars
1 hektar = 100 ars
1 square kilometer = 100 hektars
1 square centimeter = 0.15 square inch
1 square meter = 1.20 square yards
1 square kilometer = 0.39 square mile
1 hektar = 2.47 acres
1 square inch = 6.45 square centimeters
1 square yard = 0.84 square millimeter
1 square mile = 2.59 square kilometers
1 acre = 0.40 hektar

CUBIC MEASURE

1 cubic centimeter = 1000 cubic millimeters
1 cubic decimeter = 1000 cubic centimeters
1 cubic meter = 100 cubic decimeters
1 cubic yard = 0.76 cubic meter
1 cubic meter = 1.31 cubic yards
1 liter = 1.06 U.S. liquid quarts
1 hektoliter = 100 liters = 26.42 U.S. liquid gallons
1 U.S. liquid quart = 0.94 liter
1 U.S. liquid gallon = 3.76 liters

PEANUT BRITTLE

Jan Cozart

2 c. sugar
1 c. white syrup
2 c. raw peanuts
2 1/2 tsp. soda
1 tsp. vanilla

Cook sugar, water and syrup at 238° or soft ball stage. Add peanuts and stir to prevent scorching. Cook to 290° or hard crack stage (light brown). Remove from fire. Add soda and vanilla. Stir vigorously. Pour on buttered foil (2 1/2 feet long) and pull out thin with buttered fingers.

PEANUT BRITTLE

Eva Smith

2 c. sugar
1 c. white syrup
1/2 c. water
2 c. raw peanuts
1 tsp. butter or margarine
1 tsp. vanilla
2 1/2 tsp. soda
1 tsp. salt

Boil sugar, syrup and water together until it spins a thread, or 235° F. on candy thermometer. Add peanuts and cook until slightly brown, 290° F. Turn off heat; add butter, vanilla and salt. Stir slightly. Add soda; stir only until mixed. Quickly pour on buttered cookie sheet. Do not stir or it will fall like hot cake. To even on sheet, raise sides of cookie sheet.

ROCKY ROAD CANDY

Jan Cozart

12 marshmallows, quartered
1/2 c. broken nut meats
1 lb. sweet or dipping chocolate, melted

Cut marshmallows. Scatter with nuts on bottom of buttered pan.

Melt chocolate over hot water, then pour over nuts and marshmallows. When cool, cut in squares.

PEANUT BALLS

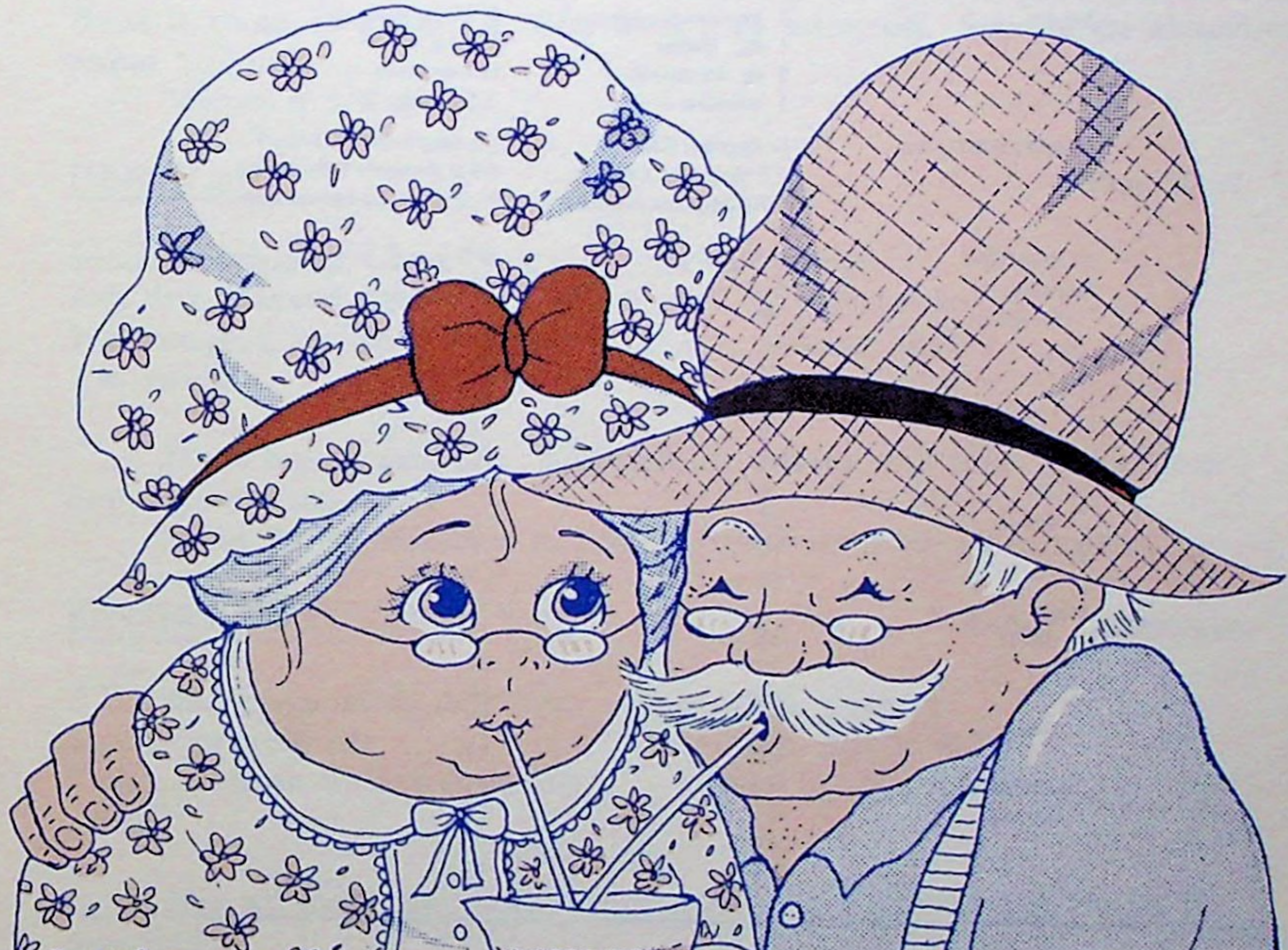
Jan Cozart

1 c. sugar
1 c. white syrup
1 jar crunchy peanut butter
4 c. crisp ready-to-eat cereal

Cook sugar and syrup to bubbling boil. Add peanut butter, stirring in hot syrup until melted. Add cereal. Roll into balls.

Write your extra recipes here:

BEVERAGES
MISCELLANEOUS



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD		
Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints
DISTANCE	1 centimeter	0.4 inches
	1 meter	3.3 feet
	1 meter	1.1 yards
	1 kilometer	0.6 mile
AREA	1 sq. centimeter	0.16 sq. inch
	1 sq. meter	1.2 sq. yards
	1 sq. kilometer	0.4 sq. mile
	1 hectare	2.5 acres
TEMPERATURE	0 degree Celsius	32 degrees Fahrenheit
	37 degrees Celsius	98.6 degrees Fahrenheit
	100 degrees Celsius	212 degrees Fahrenheit

CLOTHING	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11½
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	=	250 milliliters (ml)
1/4 cup	=	62-1/2 ml
1 teaspoon	=	5 ml
1 tablespoon	=	15 ml
1 pint	=	0.47 liter (l)
1 squart	=	0.95 l
1 gallon	=	3.8 l
1 liter	=	2.1 pint
1 liter	=	1.06 quart
1 liter	=	0.26 gallon

PARTY MIX

Jan Cozart

6 Tbsp. butter
1 tsp. seasoned salt
4 tsp. Worcestershire sauce
2 c. Corn Chex
2 c. Rice Chex
2 c. Wheat Chex
3/4 c. salted mixed nuts

Preheat oven to 250°. Heat butter in 13 x 9 x 2-inch baking pan in oven until melted; remove. Stir in seasoned salt and Worcestershire sauce. Add Chex and nuts. Mix until all pieces are coated. Heat in oven 45 minutes. Stir every 15 minutes. Spread on absorbent paper to cool.

Makes 6 3/4 cups.

PARTY MIX

Sue Yost

6 c. Cheerios or Chex
2 c. dry roasted peanuts
1 c. roasted sunflower seeds
1 c. raisins
1 c. honey
1/2 c. vegetable oil
1 c. peanut butter

Heat honey and oil. Add peanut butter and mix. Pour over dry ingredients.

Bake 25-30 minutes at 250°. Stir every 10-15 minutes.

SAVORY CRACKERS

"Manor" Favorite

2 (12 oz.) pkgs. soup crackers
1 c. vegetable oil
1 pkg. Hidden Valley dressing mix
1/2 tsp. pepper
1/2 tsp. garlic salt
1 - 1 1/2 tsp. dill seed

Mix all ingredients together except crackers. Let stand 30 minutes.

Put crackers in double grocery bag. Add oil mixture. Shake well. Let stand 1 hour.

PEANUT BUTTER PANCAKE TOPPING — Alice Unruh

1/4 c. molasses or 1/4 c. dark corn syrup
1/3 c. sugar
1/2 tsp. salt
1 1/2 c. water
1 c. peanut butter (any style)

Mix first 4 ingredients in saucepan. Bring quickly to a boil and boil 3 minutes. Stir until sugar dissolves. Put peanut butter in bowl and gradually add syrup. Beat until smooth.

Makes 2 cups.

BEST PUNCH — Jan Cozart

5 oranges
5 lemons
5 limes

Squeeze the juice out of all fruit.
Mash 5 bananas.
Add:

5 c. sugar
7 c. water

Just before serving add a 16-ounce bottle of 7-Up.

Write your extra recipes here:

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1987

JANUARY

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JANUARY

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1989

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NOVEMBER

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DECEMBER

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The plastic binding on this book will provide years of endless service, but like all plastic material it should not be exposed to excessive heat. Examples of this would be direct sun, left in a hot automobile or near the burners of a kitchen stove.

DATES TO REMEMBER

	1987	1988	1989
NEW YEAR'S DAY	Thursday January 1	Friday January 1	Sunday January 1
DR. KING'S BIRTHDAY	Monday January 19	Monday January 18	Monday January 16
LINCOLN'S BIRTHDAY	Thursday February 12	Friday February 12	Sunday February 12
VALENTINE'S DAY	Saturday February 14	Sunday February 14	Tuesday February 14
WASHINGTON'S BIRTHDAY (Observed)	Monday February 16	Monday February 15	Monday February 20
ASH WEDNESDAY	Wednesday March 4	Wednesday February 17	Wednesday February 8
ST. PATRICK'S DAY	Tuesday March 17	Thursday March 17	Friday March 17
PALM SUNDAY	Sunday April 12	Sunday March 27	Sunday March 19
GOOD FRIDAY	Friday April 17	Friday April 1	Friday March 24
EASTER	Sunday April 19	Sunday April 3	Sunday March 26
PASSOVER (First Day)	Tuesday April 14	Saturday April 2	Thursday April 20
MOTHER'S DAY	Sunday May 10	Sunday May 8	Sunday May 14
NATIONAL MEMORIAL DAY (Traditional — Always Observed May 30)	Monday May 25	Monday May 30	Monday May 29
FATHER'S DAY	Sunday June 21	Sunday June 19	Sunday June 18
INDEPENDENCE DAY	Saturday July 4	Monday July 4	Tuesday July 4
LABOR DAY	Monday September 7	Monday September 5	Monday September 4
ROSH HASHANAH	Thursday September 24	Monday September 12	Saturday September 30
YOM KIPPUR	Saturday October 3	Wednesday September 21	Monday October 9
COLUMBUS DAY (Observed)	Monday October 12	Monday October 10	Monday October 9
HALLOWEEN	Saturday October 31	Monday October 31	Tuesday October 31
ELECTION DAY	Tuesday November 3	Tuesday November 1	Tuesday November 7
VETERAN'S DAY	Wednesday November 11	Friday November 11	Saturday November 11
THANKSGIVING	Thursday November 26	Thursday November 24	Thursday November 30
CHANUKAH	Wednesday December 16	Sunday December 4	Saturday December 23
CHRISTMAS	Friday December 25	Sunday December 25	Monday December 25

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